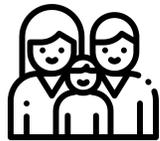


[image]

Helping parents and educators thrive not just survive

Mrs Devorah Leah Sudak empowers parents and educators with practical advice, steady support and fundamental training for a smooth path to raising children.



Parenting Support



Teaching Support



Educational Management Support

[learn more](#)

[get in touch](#)

It's normal to have questions when dealing with children.

My child doesn't seem to know how to relate to her peers. I was told that she'd outgrow it, but I don't feel comfortable ignoring the problem. What is the best way to help her with her social issues?

*Gitty,
mother of five.*

I can't control my class. As hard as I try, it's simply impossible for me to keep their attention for even a moment. I am seriously considering quitting. Is there anything I can do to save the situation?

*Chana,
first-year teacher.*

A child in my kindergarten seems to have a medical problem. I asked her mother about it, and she was defensive, saying her daughter is perfectly fine and that I should stop meddling. How should I proceed?

*Mrs Freifeld,
kindergarten matron.*

*Have a question
of your own?*



get in touch

It's a confusing world. Let's find Clarity together.

**“She
got my
son to**

“Our son Moishy turned three, and he still wasn't talking. We tightened our belts and spent the next year paying a top speech and language therapist to help him. When he turned four and still wasn't talking, we turned to Devorah Leah Sudak. She sat with us for a session and identified the root of the problem- a traumatic incident he experienced as a baby. Within a few weeks of following her action plan, Moishy started saying a few words. It's now two years later. Moishy is in a mainstream school and talks to his friends a mile a minute. It's unbelievable.”

talk!”

Mother of Moishy, age 4



Too many exasperated parents spend unrealistic amounts of money on professional help for their children without seeing substantial results.

Mrs Sudak runs London’s Lubavitch Children Centre whose leadership has been rated OUTSTANDING by Ofsted. She has an unusually wide range of experience gathered over many years dedicated to helping children thrive. With her vast knowledge of education, she has helped hundreds of parents and educators find clarity and confidence by listening to their questions and guiding them in the right direction.

Hear more about

Mrs Sudak



[learn more](#)

Thrilled parents and educators share:

I had some concerns about my son’s development, and I thought Devorah Leah would be the right person to speak to. I didn’t realise just how right I was! She listened carefully as I described his behaviour, and I felt that she truly understood. B”H, within a few weeks, her guidance and advice had a profound impact on my son and the rest of the family.

Chana A, Manchester

*“Devorah Leah was
the perfect person
to turn to.”*

“I am so grateful for her valuable input.”

When creating the vision for Miriam's Motherhood Center, I was doing some research online and found Mrs Sudak. I reached out, and she graciously shared her insight, experience, tips, and helpful resources.

She is a genuinely generous person with a desire to help others succeed. I am so grateful for her valuable input.

M.L., Miriam's Motherhood Center, Crown Heights.

*You can
benefit too!*

[get in touch](#)



Home

About

Services

Contact

There is no way to be a perfect mother
and a million ways to be a good one.

With Devorah Leah, you can find *your* best way to educate.



Hi!

My name is Devorah Leah.

At the age of 15, my passion for education got me teaching at the local Sunday school. It was then that I entered the world of education and I never looked back.

Ever since, I've been through training, acquired many qualifications, and gained incredible amounts of experience in many different educational settings.

My aim is to guide parents and educators to find *their* way to *their* best for *their* children.

How it all began

I grew up in the Netherlands and attended Cheider, the only Orthodox Jewish school in Amsterdam. The school used the Montessori method, and in that free-style educational setting, I developed my out-the-box thinking and quickly became an independent young woman. When I was 15 years old, I became a teacher myself. From that day on, I've been involved in Early Years Education.

Over the years

Along my journey through life, I've lived in five countries and learned to speak seven languages. I've studied and received a level 7 NPQICL (National Professional Qualification in Integrated Centre Leadership). My experiences have ranged from teaching *kallos* to liaising with hospitals and midwives, but my underlying goal has always been to help parents reach their full potential.

It's almost 30 years that I've been working in education, and my desire to help children, their parents and teachers has intensified as I became a mother and recently a grandmother too. I'm always looking to learn new methods and approaches to broaden my horizons and stay updated with the most current educational approaches (see *additional accreditations, qualifications and training* below).

My life today

Following the shlichus of the Lubavitcher Rebbe, after I studied in France, we moved to New York, then Hungary, and finally settled in London, England. My husband and I set up the Lubavitch Children's Centre in London, providing full day-care for children up to 4 years. The centre also provides health services for mothers and children, parenting courses, parenting support, social activities for young families, a food voucher scheme, a toy library, and a book library. The centre has received a healthy school status and a Bronze and Silver award from the Mayor of London.

As the head of the centre, I lead the staff, advise parents and oversee the children's care and education. Emboldened with the belief that every parent has all it takes to create a happy home, I've helped many parents find solutions to their struggles.

My involvement with the Early Years, wide social network and dealings with doctors, therapists and council representatives give me the exposure I need to assess child-related and family-related situations holistically. I've helped many families by pinpointing the root of their difficulty and have advised the best way to go forward with my knack for problem-solving. I've helped a mother with a colicky

baby realise that the tension at home was causing her baby to be so unsettled. Through my extensive knowledge of sensory play, I helped a boy learn to talk after many months of struggling with speech therapy.

I thank Hashem for the gifts He's given me and hope to use my talents to help all children and their parents overcome their struggles.

*“Throughout
all these
years,
Devorah Leah
has always
been readily
available.”*

Devorah Leah provided both emotional and practical support before my wedding. She taught me the applicable Jewish laws, gave me beautiful Chassidic and Kabbalistic insights into marriage and answered all my questions.

I got married, moved abroad, and Devorah Leah kept in touch. She helped me navigate the first year of marriage and was always there for me. Then, when our son was born, it was only through her support and advice that I successfully nursed our little boy.

Devorah Leah is always readily available. It's been 13 years since we've met, and she's still there for us, advising us at each of our children's developmental stages, both physically and emotionally.

We are blessed to have this incredible support.

Miriam T, London.

All sessions, calls and meetings are subject to complete confidentiality.

*I'd love to
hear from you*

get in touch



Additional accreditations, qualifications and training:

- **Childcare Level 3**
- **Management in Childcare Level 4**
- **ITTERS and ECCERS (environmental rating scales)**
- **Designated Safeguarding Training**
- **Training in Building and managing teams**
- **Fire safety**
- **Health and safety in the workplace**
- **Child safety in the home**
- **Paediatric First Aid and First Aid at work**
- **Healthy Eating in Early Years,**
- **Data Protection**
- **Reducing Parental conflict**
- **Solihul approach foundation course**
- **Five to thrive (Brain Development and positive parenting)**
- **Child communication development**
- **Food Hygiene**
- **Preparing for Ofsted**
- **Building Partnerships with parents**
- **Disability awareness training**
- **Sensibility Course (by the Sound Learning Centre)**
- **Training in Schemas**
- **Dunstan Baby Language.**

[Home](#)

[About](#)

[Services](#)

[Contact](#)

Educating children is the *greatest* thing and the *hardest* thing.

With Devorah Leah's support, it can be more of the *great* and less of the *hard*.

[- Parenting Support -](#)

[- Teaching Support -](#)

[- Early Years
Management Support -](#)

Parenting Support

Our children are not our own but are given to us on loan.

Our role is to:

Facilitate, not force.

Inspire, not impose.

Coach, not control.

The Lubavitcher Rebbe

Discipline. Toilet training. Social and emotional struggles.
There are endless difficulties that can arise when raising children.

It's my first pregnancy, and it's proving to be a tough one. Whoever crosses my path showers me with advice and warnings, making me all the more nervous and confused. What should I do?

*Chava,
second trimester.*

I've been working on toilet training my child for six months without success. All the incentives and punishments in the world don't help. Is there any way I can stop the daily accidents?

*Mrs Blau,
working mum.*

Our child is finding it extremely difficult to concentrate in class. We know he needs help, but what kind of extra support will be best? What financial aid is available to deal with this problem?

*Zissy,
mother of 4.*

Bring out the best in your child.

Child-focus

Child-focused support will focus on your child's needs, considering their unique circumstances and personality for a tailored approach.

Every child is different, and what works for one may not work for another.

Parent-focus

Parent-focused support will focus on the parent - their personalities, style, and how to implement their strengths in day-to-day parenting.

Every Parent is unique, and not all parents can work in the same way.

Newborn Support



Get support with:

- Settling your baby
- Bonding with your baby
- Juggling your baby, husband, work, housework
- General concerns about your baby

Developmental Concerns



Get advice concerning:

- Your child that isn't thriving
- Which professional to approach (physiotherapist/ OT/ speech and language therapist/ GP/ paediatrician)
- Whether to move your child up a class or keep them back

Day-to-day Struggles



Get guidance with:

- Encouraging your children to eat healthy
- Enforcing bedtime routines
- Managing toilet training.

Anxiety Issues



Get support with children showing anxious tendencies, e.g:

- Bedwetting
- Fidgeting
- Short concentration span
- Jumping from one activity to the next.

Behavioural Concerns



Get advice concerning:

- Behaviour that seems odd.
- Behaviour that doesn't seem to be age-appropriate.

Playtime Advice



Get recommendations for:

- Toys, equipment and activities appropriate for your child
- Methods for bored children/ children with destructive behaviours

Consultations:

Sessions can be **in person, virtual** or over the **phone**.

You will receive a questionnaire to complete before your appointment. After your session, you will get an action plan by email with suggestions for further support packages if necessary.

Initial session (up to 60 mins)	£120
Follow-up sessions (45 mins each)	£75
Follow-up package (3x 45 min sessions)	£200

“Thanks to Mrs Sudak, our house has become a happier home.”

I was lost. My oldest was not doing well in school. The school was getting frustrated by his lack of compliance, and I had no idea what to do.

After a conversation with Mrs Sudak who pinpointed the source of the problem, I followed an easily implementable daily programme so he should have an outlet at home and be less restless in school.

My child loved the activities. At home, we saw improvement within a few days. The school complimented his improvement within a few weeks.

The best part is that my whole parenting style has now changed. I'm calmer and more in control and my children can feel it.

Our house has become a happier home.

Chani H, Stamford Hill London

*Find out how you can help
yourself and your child*

get in touch



Teaching Support

“Education is a kindling of a flame
not the filling of a vessel.”

The Lubavitcher Rebbe

**There are so many aspects to teaching. Lesson planning, discipline, and getting along with the children.
Trying to get them all right can be tough.**

I try so hard to make the lessons fun and inclusive but it's halfway through the year, and I don't have any more ideas. Even the internet isn't helping me anymore. What can I do?

**Miss Schwartz,
Junior school teacher.**

One of my students doesn't seem to enjoy the games that are typical for children his age and refuses to join the rest of the class. What toys should he play with, and how can I get him to play with his friends?

**Mrs Jay,
Kindergarten aunty.**

Bring out the best in your students.



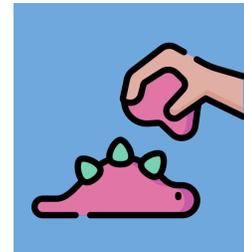
Manage your workload efficiently



Deal with specific students



Enrich your curriculum daily



Incorporate more sensory activities



Work well with your higher-ups

Consultations:

Sessions can be **in person**, **virtual** or over the **phone**.

You will receive a questionnaire to complete before your appointment. After your session, you will get an action plan by email with suggestions for further support packages if necessary.

Initial session (up to 60 mins)	£120
Follow-up sessions (45 mins each)	£75
Follow-up package (3x 45 min sessions)	£200

“Mrs Sudak helped me reflect

I started teaching because I am passionate about impacting children and making the world a better place.

But it was difficult. The children didn't always behave, the management wasn't always supportive, and some parents were challenging. I was ready to quit.

*on my
experience and
set a realistic
action plan.”*

I turned to Mrs Sudak, who truly listened. She helped me reflect on my experience and set a realistic action plan.

It's now a few months later, and everything has changed. I know how to communicate effectively with my students, their parents and the management.

I love my job!

Chaya R, New York

*Find out how you can help
yourself and your students*

[get in touch](#)



Early Years Management Support

“If building communities is holy work
building children is the ‘holiest of holies’.”
The Lubavitcher Rebbe

When running an Early Years Setting, you need to keep the children, their parents, your staff, the board of governors and OFSTED happy. All in a day’s work.

I feel like one of my staff members is slacking and is no longer preparing for her lessons. I’ve spoken to her but it hasn’t helped. Is there anything I could do before I decide to look for a replacement?

Mrs T,
Junior Headteacher.

OFSTED has notified our kindergarten that they will be visiting this term and I am extremely nervous. It’s the first time they’re coming since I became the manager and I have no idea where to start.

Bracha,
Kindergarten Manager.

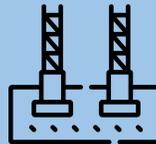
Bring out the best in your Early Years setting.

Ongoing supervision



Guidance and mentoring on a

Foundation guidance



Support for new settings regarding

One-off support



Advice for handling a specific

regular basis,
e.g. monthly or once per term.

leadership, staff management and
parent body

student, student group, staff
member or parent.

Staff Training



Training for full staff team for improved teamwork, sensory integration, Schema's, understanding of the early brain development, observations and assessments of children, effective lesson and activity planning.

Consultations:

One-off advice for your setting is **£180** for up to **60** minutes. You can also benefit from these support packages:

Bronze £1000/year

includes:

- 60 min general setting analysis
- Email support for setting manager (response within 3 business days)

Silver £2500/year

includes:

- Half-day in-depth setting analysis
- Individualised action plan
- 1-hour managerial support per term
- Email support for setting manager (response within 2 business days)

Gold £5000/year

includes:

- 2-day in-depth setting analysis
- Individualised action plan
- 2 hours managerial support per term
- Email support for setting manager, (response within 2 business days)

Pricing for staff Training:

Half-day £750

Full day £1200

Bespoke training can be discussed for your teams. All training resources and handouts included.

“Mrs Sudak’s guidance was exactly what we needed.”

Mrs Sudak was instrumental when my colleagues and I set up a Toy Library in New York. She suggested different types of educational toys that were important for teaching various skills for different ages and stages.

Her advice was so practical. For example, she brought to my attention that we should buy toys that could be used even if they are returned with a piece missing.

She gave us great ideas for maximising the space we have to support mothers and their children and advised us on how to help parents engage with their children both in the Toy Library and at home.

Mrs Sudak’s guidance was exactly what we needed to create a toy library that would be successful and helpful for so many families.

Jewish Children's Museum, Crown Heights

*Find out how you can help
yourself and your setting*



get in touch

[Home](#)

[About](#)

[Services](#)

[Contact](#)

**We cannot always build the future for our youth, but we can
build our youth for the future.**

Build the brightest future for your child with Devorah Leah.

CONTACT FORM

For any more information, questions and concerns, please write a short message.

SCHEDULING TOOL

“Mrs Sudak

Two of my staff members were not getting along. I knew I had to get involved but wasn't sure what to do.

*checked in with me
and made me feel
very supported.”*

I turned to Mrs Sudak and together we worked out a strategy that worked. B”H I was able to help my staff members come to an agreement for ways forward.

The nice part of working with Mrs Sudak was that she checked in with me on the day of my meeting to hear how it went. I felt very supported.

Dassy P, Arizona