



WHAT TO EXPECT FROM YOUR PERSONALIZED BABY SLEEP CONSULTATION

My goal for you and your family is simple: To teach your little one how to sleep through the night in his own bed and in his own room (if that is your desire).

To accomplish this goal quickly and gently, we will be following the proven Sleep Sense™ method, which has worked for over 100,000 parents (and counting!)

Although all children are different, most of my families see dramatic improvement in the length and quality of their child's sleep in the first week.

Here is how it works:



Step 1

Preliminary questionnaire

Parents or caregivers will complete a questionnaire sent to you after selecting the proper [Sleep Package](#) for your child.

This questionnaire will give me a detailed snapshot of your baby's sleep habits, routines, temperament, and schedule. I'll be able to create a sleep plan that is 100% customized to fit YOUR family's needs and goals.

Step 2

A 60 – 90 minute virtual consultation

We will meet privately (via Google Meet) to review your personalized sleep plan. I will explain exactly what you should do at bedtime, when your child wakes in the night, how to handle naptimes, and anything else you need to know to accomplish the established goals. At the end of our meeting, you will have a thorough understanding of the process and feel confident beginning the program on your own.



Step 3

Three weeks of follow-up support

To make sure you never feel alone or stuck, you will benefit from 3 weeks of support with me through phone calls and text messages. I will be checking your sleep log daily to ensure everything is on track and if necessary, we will make minor changes along the way. Once your baby is sleeping through the night, you will receive several handy documents to help you handle future challenges and/or developmental milestones.



Any Guarantee?

ABSOLUTELY! I am committed to improving sleep for your child. Sleep is crucial for a thriving family, and I am dedicated to ensuring your goals are met within our 3 weeks of time together.

Hooray!

Baby Sleep Package

\$525

All-inclusive to the support outlined above.

Add-On Support

\$150

Includes text messaging support for 1 month after program completion.



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