

Step by Step

BABY CONSULTING

ASK AWAY

30 - Minute Phone Session - \$60

- For parents who are not new to sleep training & are having difficulties or set backs.

NEWBORNS

Educational Consultation - \$120

1-Hour Virtual Consultation

- Safe Sleep Guidelines
- Healthy Sleep Foundation
- Conducive Sleep Environment
- Sleep Education (First 4 Months)
- Sleep Schedule

4 MONTHS - 5 YEARS

1 - Week Package - \$250

- Evaluation
- 1-Hour Virtual Consultation
- Individually Tailored Sleep Plan
- Daily Sleep Log Assessment & Support
- 1 Follow-Up Call (15-Minutes)
- 30-Minute Wrap-Up Call and Email (Day 7)

2 - Week Package - \$350

- Evaluation
- 1-Hour Virtual Consultation
- Individually Tailored Sleep Plan
- Daily Sleep Log Assessment & Support
- 2 Follow-Up Calls (15-Minutes)
- 30-Minute Wrap-Up Call and Email (Day 14)

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HELPING YOU ENJOY PARENTHOOD!