



## Support Packages

### Email Consultation

- 4-weeks of Unlimited Questions
  - The support will be in the form of WhatsApp messages as this means Jo can contact you more quickly and if your Baby has a blip down the line, you will be able to revisit the text messages immediately
  - The questions will be answered as soon as possible, dependent on the time and the day, i.e., weekends, evenings, etc...
- Personalised Routine
  - This will be based on a 48-hour feeding and sleeping log that you will send to Jo once you have signed up. Jo will use this log to create a personalised routine based on your baby's natural sleep pattern, plus age appropriate naps and feeds
- Personalised Action Plan
  - The plan is a step by step guide on what you will be doing to help your baby continue in a positive direction, now and in the future
- Information Sheets
  - The information sheets will be tailored to your baby's needs  
E.g., - Swaddling / Sleep time 0-1 years / Reflux and Allergies, etc...
- Soothing Videos
  - In the videos, Jo demonstrates her soothing techniques depending on the age and position your baby sleeps in. This means that you can start to help your baby to learn how to sleep in their cot without getting distressed