



Support Packages

Phone Consultation

- 30-minute phone conversation with Jo, where you will be able to ask questions and go through your baby's day and night routines in detail
- Personalised Routine
 - Following the initial consultation, Jo will 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
- 10-Days of Support
 - This support will help you, as you implement the changes and routines that Jo has advised. It usually takes between 7-10 days of working on a new routine for your baby to start improving and sleeping better for the long term
 - 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

To provide you with additional support and advice Jo is offering an extra 2 weeks of support for only £50. This is only available for up to 4 weeks from finishing the initial package