



Support Packages

Video Consultation – Toddler 18 months – 3 years old

- 30-minutes of Skype / Facetime Video Consultation with Jo
 - Ask Jo all the questions you have, and Jo will talk you through your baby's day-time and night-time routines, plus any issues you are encountering
 - If your toddler would like to join in, then this is great, as Jo can explain to them in a fun way for them to understand
- Personalised Action Plan
 - The plan is a step by step guide on what you will be doing to help your toddler become a good sleeper and how you are going to implement this
- Toddler Reward Sheet
 - The reward sheet explains to the toddler the rewards they will get if they sleep well and it will encourage them to want to go to bed
- 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 implementing a reward programme for your toddler 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