



Support Packages

Home Consultation Support

- 2-hour Home Consultation with Jo
 - Jo will visit your home, meet your child and discuss all the issues which you are experiencing. She will make changes to your child's bedroom if required, to ensure they are getting optimal sleep
 - Jo will show you her soothing techniques and will work with you through their naptime
 - Jo will discuss and leave you with the Personalised Routine, Personalised Action Plan, Information Sheets and soothing videos, as stated below
- Personalised Routine
 - This will be based on the information you have discussed with Jo throughout the consultation and the new improvements Jo will be putting in place
- 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 as discussed in depth with Jo
- Information Sheets
 - The information sheets will be tailored to your baby's needs
E.g., - Swaddling / Sleep time 0-2 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