

Sweet Dreams Sleep Consulting

# Sleep Packages for your Little One



Sweet Dreams  
SLEEP COACHING FOR BABIES

[sweetdreams.consulting](http://sweetdreams.consulting)

# Every Step of the Way

## For newborns - babies aged under 12 weeks

- In-depth nursery/bedroom assessment including safe sleep advice
- Guide to healthy sleep habits and setting foundations for independent sleep
- Consultation to discuss how to start and set expectations of sleep behaviours of new babies
- Weekly phone consultation to review progress and plan for the following week's goals to implement
- Ad-hoc messaging support between weekly calls
- Goodbye pack providing you with all the information you need for healthy sleep habits for your child's future, including month-by-month schedules until your child drops their nap at around 15 months
- Package length depends on age of your baby at purchase and continues until your baby reaches 12 weeks.

## For babies and children 12 weeks & above

- In-depth nursery/bedroom assessment and advice
- Complete analysis of your child's current sleep situation, based on a questionnaire we supply, and you complete identifying current obstacles and areas for improvement
- Personalised Sleep Plan, created specifically for your child's needs, based on the analysis of their sleep situation. And you get to keep it!
- In-home or virtual consultation where we explain the Sleep Plan we have created for you so that you feel excited to start and to answer any and all questions to manage your expectations
- Night one virtual (phone call and messaging) support for bedtime, so you feel empowered to achieve immediate success
- Two weeks of virtual (phone call and messaging) contact to ensure you are supported and reassured whilst your child is learning the skills of independent sleep
- Daily monitoring of digital sleep log, if provided and completed by you
- Goodbye pack providing you with all the information you need for healthy sleep habits for your child's future, including schedules for Transitions, Travel Tips, and advice for future challenges if they arise



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# Let us hold your hand

Everything in 'Every step of the way' plus:

- 3 follow-ups (within 12 months) in the form of phone calls or message advice

# On call and available

Everything in 'Every step of the way' plus:

- 3 nights of bedtime support (on nights of your choosing)
- 6 follow-ups (within 12 months) in the form of phone calls or message advice

We have a variety of pricing levels based on the consultant that you choose to work with.

[View our consultants](#)

[Read our FAQs](#)



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