

PACKAGES AND PRICES

Step 1: Contact

Send me a text or an email, or give me a call to establish the nature of your issue and to find out how I can help. Initial screening phone calls of twenty minutes or less are provided free of charge, as are initial text and email responses.

Step 2: Choice

Decide what kind of help you would like from the options below.

SLEEP TRAINING (PARENT-LED OPTIONS)

Parent-Led refers to a package which offers advice, support and recommendations based on observation, with additional coaching where relevant. A specific plan is devised for

your child or baby, and explained, but the implementation of the sleep training is then done by the parent. Each report is tailored specifically to your child, and longer home visits allow the consultant to help start the training and advice, before leaving parents to continue. For complex cases or older babies and children (6m+) home visits are usually recommended in preference to solely phone based consultation.

Consultant-Led options include observation, but the sleep training is implemented and undertaken by the consultant in the family's home. This is ideal for parents who are chronically sleep deprived and may be too tired to cope with the consistency and time that parent-led training requires. Consultant-Led training provides much faster results and allows the parents nights of solid sleep with plenty of recuperation, rest and relaxation time whilst the bulk of the work is done for them, allowing them to continue afterwards feeling refreshed and positive.

PACKAGE 1 - £150

Initial phone call (20-30mins)

Sleep diary for home completion

Information evaluation

1-1.5 hour telephone consultation

Report with key points, suggestions & sleeping plan

PACKAGE 2 - £280

Initial phone call (20-30mins)

Sleep diary for home completion

Information evaluation

3 hour home visit and observation

Report on home visit with suggested routine/sleep techniques and bespoke sleeping plan

30 minute follow-up telephone support call available

Text support for 3 days (2 texts per day)

Email support for 3 days (1 email per day)

PACKAGE 3 - £380

Initial phone call (20-30mins)

Sleep diary for home completion

Information evaluation

6 hour home visit - Coaching and observational visit- afternoon & bed-time or day-time and nap

Report on home visit with suggested routine/sleep techniques and bespoke sleeping plan

30 minute follow-up telephone support call available

Text support for 3 days (3 texts per day)

Email support for 3 days (1 email per day)

PACKAGE 4 - £520

Initial phone call (up to 40 minutes)

Sleep diary for home completion

Information evaluation

24 hour home visit - Coaching, routine adjusting, observation visit including real-time analysis, support and coaching through the night.

Report on home visit with analysis, advice, and suggested routine/sleep techniques and bespoke sleeping plan

Advice on possible future behaviours, patterns and routines.

2 x 30 minute follow-up telephone support calls available

Text support for 5 continuous days (3 texts per day)

Email support for 5 continuous days (1 email per day)

FURTHER SUPPORT - Additional phone calls can be purchased at a cost of £15 per 20 minute call

Additional emails are charged at £8 per email

Additional texts (brief) are charged at £3 per text

Please note that all correspondence is answered between 8:30am and 7:30pm.

Urgent telephone calls can be taken outside of these hours but are charged at double rate

EXTRA COACHING HOURS - Additional in-home coaching hours are available, on request, and may be both recommended and extremely useful in challenging cases.

SIBLING GROUPS - For home visits, where sleep training will be parent-led, and an additional charge of £80 will be levied for each same aged sibling e.g. twin, triplet or other multiple, as analysis, history and plans will usually vary for each child. For older or younger siblings, entirely separate plans will be necessary. Please [contact](#) for further information and pricing.

SLEEP TRAINING (CONSULTANT-LED, IN-HOME)

PACKAGE 5 - £1000

Initial phone call (up to 1 hour)

Sleep diary for home completion

Information evaluation

6 hour observational visit - afternoon, bed-time

4 days overnight in-house sleep training consisting of 3 nights of consultant-led training, 1 night parent handover and training (based on 6pm-7am model)

Report on home visit with suggested routine/sleep techniques and bespoke sleeping plan

Advice on continuing plan, possible future behaviours, patterns and routines.

2 x 30 minute follow-up telephone support calls available

Text support for 5 continuous days (3 texts per day)

Email support for 5 continuous days (1 email per day)

PACKAGE 6 - £1500

Initial phone call (up to 1 hour)

Sleep diary for home completion

Information evaluation

24 hour observational visit

5 days overnight in-house sleep training consisting of 3-4 nights of intensive consultant-led training, 1-2 nights parent handover and training (based on 6pm-7am model)

Report on home visit with suggested routine/sleep techniques and bespoke sleeping plan

Advice on continuing plan, possible future behaviours, patterns and routines.

2x 30 minute follow-up telephone conversation available

Text support for 7 continuous days (3 texts per day)

Email support for 7 continuous days (1 email per day)

Support

Once you have received your plan, a support package of email or text/Whatsapp support is provided (which may include phone support). This can be extended (chargeable) if you wish.

Please note:

Additional phone calls can be purchased at a cost of £15 per 20 minute call

Additional emails are charged at £8 per email

Additional texts (brief) are charged at £3 per text

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SIBLING GROUPS - Sibling groups can be accommodated in many circumstances e.g. with twins, for an additional sum. Siblings of differing ages, or complex needs, require separate visits for individual training. Please [contact](#) for further information and pricing.

BEHAVIOURAL MANAGEMENT

These packages are intended for parents wishing to address behavioural challenges that are largely unconnected with sleep. Visits are conducted during the day and are very useful for issues such as defiance, sibling rivalry, tantrums, biting, socialisation problems, establishing routines, aggressive behaviour, jealousy etc.

Help for problems specifically involving eating, weaning and food refusal are dealt with in the Weaning and Eating packages rather than in Behavioural Management.

PACKAGE 1 - TELEPHONE CONSULTATION - £180

Information gathering

Having talked with you initially, I will send you a questionnaire, in order to get a clearer picture of the issue. Depending on the problem, I may also ask you to complete a 'family diary' for 2-3 days. This will help me pinpoint areas to explore in more detail during our consultation. Once this information is returned, we can schedule a convenient time to talk.

One-to-one time - A telephone consultation of between 1-1.5 hours

During our consultation we will go over the information you have provided, and I will take a more detailed history, where required. I will give you some immediate techniques to use.

A step-by-step management plan

Following the consultation, I will devise a unique management plan, taking into account everything you have told me. Any clarification emails I send will be free of charge, as occasionally more information may be required.

Support

Once you have received your plan, a 3 day support package of email or text/Whatsapp support is provided, which can be extended.

1 x 20 minute support phone call is available

Email support: 1 email per day, for 3 continuous days.

Text/Whatsapp support: 2 per day, for 3 continuous days.

Additional phone calls can be purchased at a cost of £15 per 20 minute call

Additional emails are charged at £8 per email

Additional texts (brief) are charged at £3 per text

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PACKAGE 2 - IN-HOME CONSULTATION AND COACHING - £250

Information gathering

Having already been in touch to discuss the basics, I will send you a questionnaire, in order to get a clearer picture of the issue. Depending on the problem, I may also ask you to complete a 'family diary' for 2-3 days. This will help me pinpoint areas to explore in

more detail during our consultation. Once this information is returned, a follow-up call will be made to arrange a convenient time for a home visit

One-to-one time – A 5 hour consultation and coaching visit

The aim during this time is to talk and coach you through effective strategies, demonstrating and discussing techniques and expected responses. There will be the opportunity to discuss issues in private but also to spend time with the family during a normal day and potentially observe the unwanted behaviour first hand, then model and guide you through handling it.

Extra hours can be arranged at a cost of £30ph

Support

A 3 day support package of email or text/Whatsapp support is provided, which can be extended.

1 x 30 minute support call available

Additional coaching visits and home support can be arranged if wished at an agreed price and will be billed separately.

Email support: 1 email per day, for 3 continuous days.

Text/Whatsapp support: 2 per day, for 3 continuous days.

Additional phone calls can be purchased at a cost of £15 per 20 minute call

Additional emails are charged at £8 per email

Additional texts (brief) are charged at £3 per text

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PACKAGE 3 - 8 HOUR TROUBLESHOOTING DAY - £330

This option incorporates the information gathering and consultation elements of the option above, but is more intensive and generally results in a quicker resolution of the problem.

The longer time scale allows far more scope for observation, coaching and modelling of strategies and techniques. It also provides more opportunity to engage with and spend enjoyable time with the child/children, to get to know and fully engage them in the process.

The greater length of individual coaching, support, reinforcement and encouragement gives parents more confidence and skill in their approach which leads to consistency and

success. A high level of post-visit support is provided to help you to continue the good work in addition to your step-by-step plan.

Support

A 5 day support package of email or text/Whatsapp support is provided, which can be extended.

1 x 30 minute support call available

Additional coaching visits, home support or full days can be arranged if wished at an agreed price and will be billed separately.

Email support: 1 email per day, for 5 continuous days.

Text/Whatsapp support: 3 per day, for 5 continuous days.

Additional phone calls can be purchased at a cost of £15 per 20 minute call

Additional emails are charged at £8 per email

Additional texts (brief) are charged at £3 per text

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24 HOUR TROUBLESHOOTING DAYS

24 hour troubleshooting days or longer stays can be arranged when required.

These may be particularly useful if day time behaviour is spilling over into or affecting the night, if the issue is of long standing and is particularly complex or if several issues need to be addressed and resolved.

Please **enquire** for further details.

TROUBLESHOOTING

PACKAGE 1 - TELEPHONE CONSULTATION - £100

Initial phone call (20 mins.)

Questionnaire for home completion

A **1.5 hour** phone call to analyse what is happening, explore why, and discuss effective strategies, techniques, tweaks and routine changes to tackle the problem.

PACKAGE 2 - TELEPHONE CONSULTATION, REPORT AND SUPPORT - £180

Initial phone call (20 mins.)

Questionnaire for home completion

A **1.5 hour** phone call to analyse what is happening, explore why, and discuss effective strategies, techniques, tweaks and routine changes to tackle the problem.

A written synopsis of the call with further advice and suggestions.

A further **30 minute** support call available

A 3 day package of email/WhatsApp/text **support**.

Email support: 1 per day for 3 continuous days.

Text/WhatsApp support: 2 per day for 3 continuous days.

Additional phone calls can be purchased at a cost of £15 per 20 mins.

Additional emails are charged at £8 per email.

Additional texts (brief) are charged at £3 per text.

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PACKAGE 3 - IN-HOME CONSULTATION - £240

Initial phone call (20 mins.)

Questionnaire for home completion

A **5 hour** consultation in your home to observe, discuss and analyse the issue and guide you in resolving it. During this time you will be reassured, supported, advised and coached.

A written step-by-step plan and report (post-visit).

2 x 20 minute phone calls available to support you as you follow the advice given.

A 3 day package of email/WhatsApp/text support.

Email support: 1 per day for 3 continuous days.

Text/WhatsApp support: 2 per day for 3 continuous days.

Additional phone calls can be purchased at a cost of £15 per 20 mins.

Additional emails are charged at £8 per email.

Additional texts (brief) are charged at £3 per text.

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PACKAGE 4 - 12 HOUR HOME CONSULTATION VISIT - £420

Initial phone call (20 mins.)

Questionnaire for home completion

A **12 hour** home visit to consult, observe, identify and devise a solution for your issue. During this time you will be advised, reassured, coached and guided through effective strategies and routines and then supported post-visit.

A written step-by-step plan and report.

2 x 20 minute phone calls available to support you as you follow the advice given.

A 4 day package of email/WhatsApp/text **support**.

Email support: 1 per day for 4 continuous days.

Text/WhatsApp support: 2 per day for 4 continuous days.

Additional phone calls can be purchased at a cost of £15 per 20 mins.

Additional emails are charged at £8 per email.

Additional texts (brief) are charged at £3 per text.

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24 HOURS PLUS

Package 4 can be extended to 24 hours or over several days, if required. This service is provided on a case-by-case basis and at a cost dependent on requirements.

WEANING & EATING

PACKAGE 1 - TELEPHONE CONSULTATION AND ADVICE - £80

Initial phone call (**10-15 mins.**)

Family food diary and questionnaire for home completion

40 minute telephone call and advice

Written synopsis of advice

PACKAGE 2 - TELEPHONE CONSULTATION AND SUPPORT - £120

Initial phone call (**15-20 mins.**)

Family food diary and questionnaire for home completion

1 hour telephone call and advice

Written synopsis of advice and plan

A 3 day package of email/WhatsApp/text **support.**

Email support: 1 per day for 3 continuous days.

Text/WhatsApp support: 2 per day for 3 continuous days.

Additional phone calls can be purchased at a cost of £15 per 20 mins.

Additional emails are charged at £8 per email.

Additional texts (brief) are charged at £3 per text.

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PACKAGE 3 - HOME VISIT AND ADVICE - £330

Initial phone call (**15-20 mins.**)

Family food diary and questionnaire for home completion

6 hour home visit (to include a meal/feeding time) to discuss, observe and advise.

Written plan and advice

20 minute follow-up phone call available

A 3 day package of email/WhatsApp/text **support.**

Email support: 1 per day for 3 continuous days.

Text/WhatsApp support: 3 per day for 3 continuous days.

Additional phone calls can be purchased at a cost of £15 per 20 mins.

Additional emails are charged at £8 per email.

Additional texts (brief) are charged at £3 per text.

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PACAKGE 4 - HOME VISIT, ADVICE AND COACHING - £440

Initial phone call (**15-20 mins.**)

Family food diary and questionnaire for home completion

10 hour home visit (to include a meal/feeding time) to discuss, observe and advise, prepare a meal and coach.

Written plan and advice

30 minute follow-up phone call available

A 3 day package of email/WhatsApp/text **support**.

Email support: 1 per day for 3 continuous days.

Text/WhatsApp support: 2 per day for 3 continuous days.

Additional phone calls can be purchased at a cost of £15 per 20 mins.

Additional emails are charged at £8 per email.

Additional texts (brief) are charged at £3 per text.

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LONGER VISITS (1-5 DAYS)

Longer visits can be easily arranged if more support would be helpful or if the problem is particularly complex or ingrained. Please [enquire](#) for more details.

NEW PARENTS

PACKAGE 1 - 12 HOUR HOME VISIT - £380

A welcome to parenthood option of a 12 hour home visit to help you get to grips with the fundamentals and the finer points of having a new little person in your life. This can incorporate help with breastfeeding (lactation support), newborn care and hygiene, organising your day and home for a baby and help with understanding basic needs, cries and routines.

PACKAGE 2 - 24 HOUR HOME VISIT - £520

This option allows for more extensive help, friendly advice, coaching and support. Giving reassurance at bed time and through the night with extra advice on baby soothing and settling, routines and tips for the future. More time can be devoted to 'life hacks' for your new family, to create more space for rest and relaxation, and to fine tune things like baby bathing, feeding, nappy changing etc.

Many parents like the extra reassurance of booking **one-to-one first aid and CPR for babies and children** training. This can be delivered at home at a time to suit them and incorporates the use of a life-sized baby manikin and 'What to do if...' scenarios.

POTTY TRAINING

PACKAGE 1 - TELEPHONE CONSULTATION AND ADVICE - £80

Initial phone call (**10-15 mins.**)

50 minute telephone call and advice

Written synopsis of advice

PACKAGE 2 - TELEPHONE CONSULTATION AND SUPPORT - £120

Initial phone call (**10-15 mins.**)

1 hour 20 minute telephone call and advice

Written synopsis of advice and plan

A 3 day package of email/WhatsApp/text **support.**

Email support: 1 per day for 3 continuous days.

Text/WhatsApp support: 2 per day for 3 continuous days.

Additional phone calls can be purchased at a cost of £15 per 20 mins.

Additional emails are charged at £8 per email.

Additional texts (brief) are charged at £3 per text.

Please note that all correspondence is answered between 8:30am and 7:30pm.

Urgent telephone calls can be taken outside of these hours but are charged at double rate