



Holistic Sleep Support Packages

Monthly Support Package - \$585

Monthly support packages are best suited for families requiring help in a one on one support environment. This package is ideal for children 6 months to 3 years of age and provides;

- An in-depth intake form analysis
- Initial 60-90 minute sleep education call
- Immediate Strategy Implementation
- A 20-30 minute sleep goal call
- Daily check-in support & customized strategies for 3 weeks
- A 20-30 minute follow-up call to conclude our work together

Mini Support Package - \$149

Perfect if your baby is already sleeping well but is currently facing a challenge in one aspect of their sleep.

Our mini support package includes:

- review of the sleep intake form
- 45-minute one-on-one support call
- collaborative generation of an action plan to improve your family's sleep

Prenatal and the First 4 Months - \$129

Perfect for families that are about to, or have just welcomed their baby home.

This package provides;

- Prenatal and postpartum health & stress management
- Normal infant sleep patterns
- The importance of your village
- A one-on-one 60 minute education call & question's allotment