



PEDIATRIC SLEEP COACH +
CHILD DEVELOPMENT SPECIALIST
unlocking your child's potential

Thank you for choosing Good to Grow for your sleep coaching support!

- Please review the options below and choose the one that best suits your needs
- Keep in mind that you can combine packages with an add-on or choose a la carte options, etc.
- Contact me with your selection and I will send you an invoice to pay your deposit and reserve your spot:

goodtogrow@yahoo.com

additional support coaching levels

3 DAY BASIC SUPPORT PACKAGE	2 DAY FULL SUPPORT PACKAGE	4 DAY FULL SUPPORT PACKAGE
Basic text support to help address small regressions that need minimal support	New/revised daily schedule to adjust naps	New/revised daily schedule to adjust naps
5-10 texts a day between 9am-5pm	2 days of unlimited text support	4 days of unlimited text support
Continued text support to keep on track after coaching is completed	Shared note to keep track	Shared note to keep track
	1 day of live coaching for bedtime & nap	1 day of live coaching for bedtime & nap
		Tweaking of schedule as needed
\$95	\$180	\$300

A LA CARTE OPTIONS <i>can be chosen independently of any support packages</i>	
\$75	Live training for one day of naps
\$75	Live training for one bedtime
\$75	Live training for one overnight
\$75	New schedule to include age-appropriate naps/wake windows
\$75	Back to sleep written plan for transition from crib to toddler bed
\$125	Step by step written back to sleep plan + 1 live nap/bedtime coaching

RETAINER OPTIONS <i>can start at anytime that parent requires supports</i>	
\$375	5 days of 24/hr unlimited texts/emails with some live check-ins as needed
\$550	10 days of 24/hr unlimited texts/emails with some live check ins as needed - great for traveling, time changes