



goodtogrow

PEDIATRIC SLEEP COACH +
CHILD DEVELOPMENT SPECIALIST

unlocking your child's potential

Thank you for choosing Good to Grow! This is the first step in getting your child to sleep.

- Please review the packages and choose the one that best suits your needs
- Contact me with your selection so that I can send you an invoice to pay the deposit and reserve your spot

Jenn Paoella, M.Ed., holds an undergraduate degree in Child Psychology and Development and has a dual masters in Special Education & Educational Counseling and is a Certified Sleep Coach. With 20+ years of experience in both sleep coaching and child development - along with having 3 kids of her own (including twins!) - you and your little one are ensured a good night's sleep!

BIG KIDS

sleep coaching packages

Most Popular!

BENEFITS	STARTER	ESSENTIAL	PLUS
Sleep questionnaire	✓	✓	✓
Phone consultation	30 mins	30 mins	30 mins
Detailed sleep plan to include behavior management techniques to help support your child sleeping in their own bed	✓	✓	✓
Sleep reward chart	✓	✓	✓
45 min Zoom, Facetime, or phone call to review sleep plan	✓	✓	✓
Unlimited daytime texts, emails, and calls to answer any questions and concerns that you may have along the way	3 days	4 days	4 days + 2 extra days if needed
Bedtime and overnight real-time coaching (yes, even at 2am!)		2 nights	3 nights
Follow-up Zoom call at end of week to review progress and provide any further recommendations if needed		✓	✓
One week of text support after coaching is complete		✓	✓
One month of weekly check-ins			✓
	\$425	\$750	\$900
Any additional coaching days or overnights; can be added to any package at any time	\$125 each		