



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 little one 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!

sleep coaching packages

BENEFITS	STARTER	Most Popular!	
		ESSENTIAL	PLUS
Sleep questionnaire	✓	✓	✓
Phone consultation	30 mins	30 mins	30 mins
Detailed sleep plan tailored to you and your child's needs	✓	✓	✓
Sleep reward chart if applicable	✓	✓	✓
Detailed daily schedule tailored to your child that includes eating, activity & sleeping	✓	✓	✓
45 min Zoom, Facetime, or phone call to review sleep plan	✓	✓	✓
Unlimited daytime texts, emails, and calls. Includes real-time coaching during naps & bedtime	2 days	4 days	4 days +2 extra days if needed
Overnight real-time coaching (yes, even at 2am!)		1 night	2 nights
Follow-up Zoom call at end of week to review FAQ's and provide any further recommendations if needed		✓	✓
One week of text support after coaching is completed		✓	✓
One month of weekly check-ins after coaching is completed			✓
	\$320	\$475-620	\$725
Any additional coaching days or overnights; can be added to any package at any time	\$85 each		