



## Toddler Sleep Packages

In these packages we will learn to navigate strong wills and master negotiators. With consistency and a truck load of patience you will learn how to set boundaries while putting into place healthy sleep habits. *See last page for add-on options if additional support is needed.*

**\$99**

30 minutes of telephone support

**\$150**

Do It Yourself sleep package

I write you a custom sleep plan for your child and you and your family do it yourself without any support from myself or my staff.

**\$399**

Virtual Sleep Support

7-day sleep training package

Custom sleep plan for your child

On the first night you get one-on-one support via video chat or email. Daily check-in's (morning or evening) via email to go over daily sleep log and any questions or concerns you may have.

**\$499**

In-Home Sleep Support (for families in the Anchorage Area)

7-day sleep training package

Custom sleep plan for your child

On the first night you get in-home help (6pm-9pm). Daily check-in's (morning or evening) via email to go over daily sleep log and any questions or concerns you may have.

**\$699**

Platinum In-Home Sleep Support (for families in the Anchorage Area)

7-day sleep training package

3 nights in-home help (6pm-9pm). 4 nights virtual support, if needed (6pm-9pm).

For the first three nights, I will be in your home to help you all navigate your new skills. Daily check-in's (morning or evening) via email to go over daily sleep log and any questions or concerns you may have.

# Here's What to Expect

1

## LET'S CONNECT

We will start with a 15 minute discovery call to discuss your family's sleep struggles in more detail. I will be there to answer any questions that you have about my sleep training packages so that you can get to know me and decide whether or not I am a good fit for you and your family. It's important for me that we communicate from the very start, so that I can best personalize your baby's sleep plan going forward.

2

## TELL ME ABOUT YOUR FAMILY

I'll send you a more in-depth questionnaire so I can get to know you all a little bit better and develop a detailed sleep plan for your family.

3

## LET'S PERSONALIZE YOUR PLAN

You will be receiving the Virtual Sleep Support 7-day Sleep Training Package for free. We will schedule a 30 minute consultation to go over the plans and details and modify anything if needed..... Then your family's sleep journey begins!

4

## ON-GOING SUPPORT

All packages\* come with:

- One-on-one coaching through your first day of family sleep training.
- Video chat or in-home visit on your first night of sleep training
- Daily email support - each morning or evening (all other emails will be replied to in 24 hours)
- Video support for clients out of the area.

\*Do It Yourself package does not have any support included

## Sleep Package Add-Ons

Options below can be added at any time during our time together. Half night and full night support need prior notice.

### IN-HOME SUPPORT

Add-Ons:

- Bedtime Support:  
One Time 6pm-9pm  
additional \$199
- Half Night Support  
One Time 6pm-12pm  
additional \$399
- Full Night Support  
One Time 6pm-6am  
additional \$799

### VIRTUAL SUPPORT

Add-Ons:

- Bedtime Support:  
One Time 6pm-9pm  
additional \$199
- Half Night Support  
One Time 6pm-12pm  
additional \$399
- Full Night Support  
One Time 6pm-6am  
additional \$799