

Sleep Adjustment Program

This is a program for babies who are not old enough to be Sleep Coached. This is a program that sets up great habits for babies to teach them to take longer naps, teach them the difference between day and night, set up sleep routines, and self soothe so that they can get more solid, meaningful rest. This program does not teach babies to sleep through the night, as not all are ready or old enough to drop night feedings at this age.

What We Include:

- Personalized Sleep Adjustment Plans
- One In-Person Consult
- Nursery Assessment
- Environment Assessment
- Night/Nap Routine Routine Assessment
- Sleep Pattern Assessment & Adjustment Plans

ALSO INCLUDES - Sleep Adjustments Support Follow Up for **1 Month** from the Date of Purchase (Phone/Email - M-F - 9:00 am - 5:00 pm).

\$375.00