



Sweet dreams petit bébé

General Consultation

Express Support: Video or In- person Consultation \$100

- Suitable from 3 weeks old to 5 years old
- For parents who have a small & specific area, they would like to discuss
- The Virtual consultation via video caters for multiple locations making it perfect for all carers to be present.
- Available worldwide

This package includes:

- 45 minutes scheduled consultation via video call or in-person to address singular sleep issue such as sleep regressions, nap transitions, room transitions, early rising, sibling arrival, nightmares
- The summary of the consultation is emailed
- In-person consultation is held at my office (Caulfield North)

**No written sleep plan or follow up support

**Does not include an extensive review of your circumstances

**Not suitable for babies or toddlers who require sleep training to learn to fall asleep independently

Comprehensive Support: Sleep Plan + Consult + Follow-up \$270

- Suitable from 3 weeks old to 5 years old
- Perfect for parents who feel able to follow a step by step plan or for parents residing outside of Melbourne
- In-person or video consultation (Video via Zoom caters for multiple locations making it perfect for all carers to be present)
- Available worldwide (video consultation)

This package includes:

- In-depth analysis of the situation described in your intake form
- Personalised sleep plan including sleep environment, safe sleep guidelines, feeding/nutrition, age-appropriate routines, positive and negative sleep associations, settling and resettling methods, etc.
- 1-hour consultation via video call or in-person where we go through the personalised sleep plan
- 2 weeks email or text follow up including review of a sleep log; 3 emails the first week and 2 emails the second week
- 15-minute consultation via video-call; end of follow up Q&A
- In-person consultation is held at my office (Caulfield North)
- Additional email or text follow up support \$100 per week (2 emails and 1 phone call)
- Twins or Triplets \$100 per additional child

Noemie Ragonnet / +61 423 944 719

sweetdreamspetitbebe@gmail.com



Sweet dreams petit bébé

In-home Consultation

Naptime Support: Sleep Plan + 2-hour nap time home consult + Follow-up \$335

- Suitable from 3 weeks old to 5 years old
- Parents wishing to receive hands-on support in implementing their child's personalised sleep plan
- Preferably over your baby's lunch/afternoon nap

This package includes:

- In-depth analysis of the situation described in your intake form
- Personalised sleep plan including sleep environment, safe sleep guidelines, feeding/nutrition, age-appropriate routines, positive and negative sleep associations, settling and resettling methods, etc.
- 2-hour home consultation (**daytime**) to demonstrate the chosen sleep method to settle and resettle your child. We also go through the sleep plan
- 2 weeks email or text follow up including review of a sleep log; 3 emails the first week and 2 emails the second week
- 15-minute consultation via video-call; end of follow up Q&A
- Additional email or text follow up support \$100 per week (2 emails and 1 phone call)
- Twins or Triplets \$100 per additional child
- Standard mileage charges will apply, Melbourne areas (\$1.5 per km from Caulfield North)

Bedtime Support: Sleep Plan + 4-hour bed time home consult + Follow-up \$470

- Suitable from 3 weeks old to 5 years old
- Parents who need evening support to deal with the issue for a late bedtime, trouble falling asleep at age-appropriate bedtime, bedtime struggles, and toddler transition to a big bed
- From 6.30 pm to 10.30 pm

This package includes:

- In-depth analysis of the situation described in your intake form
- Personalised sleep plan including sleep environment, safe sleep guidelines, feeding/nutrition, age-appropriate routines, positive and negative sleep associations, settling and resettling methods, etc.
- 4-hour home consultation (**e.g. 6.30 - 10.30 pm**) to demonstrate the chosen sleep method to settle and resettle your child. We also go through the sleep plan
- 2 weeks email or text follow up including review of a sleep log; 3 emails the first week and 2 emails the second week
- 15-minute consultation via video-call; end of follow up Q&A
- Additional email or text follow up support \$100 per week (2 emails and 1 phone call)
- Twins or Triplets \$100 per additional child



Sweet dreams petit bébé

- Standard mileage charges will apply, Melbourne areas (\$1.5 per km from Caulfield North)

Overnight Support: Sleep Plan + 11-hour Overnight home consult + Follow-up \$940

- Suitable from 3 weeks old to 5 years old
- Parents who need overnight support to deal with the issue for a late bedtime, trouble falling asleep at age-appropriate bedtime, overnight wake-ups and resettling, and toddler transition to a big bed
- From 7 pm to 6 am

This package includes:

- In-depth analysis of the situation described in your intake form
- Personalised sleep plan including sleep environment, safe sleep guidelines, feeding/nutrition, age-appropriate routines, positive and negative sleep associations, settling and resettling methods, etc.
- 11-hour overnight home consultation (7 pm - 6 am) to demonstrate the chosen sleep method to settle and resettle your child and help with multiple-night wake-ups. We also go through the sleep plan
- 2 weeks email or text follow up including review of a sleep log; 3 emails the first week and 2 emails the second week
- 15-minute consultation via video-call; end of follow up Q&A
- Additional email or text follow up support \$100 per week (2 emails and 1 phone call)
- Twins or Triplets \$100 per additional child
- Standard mileage charges will apply, Melbourne areas (\$1.5 per km from Caulfield North)



Sweet dreams petit bébé

Prenatal support

Video or In-person consultation \$110

- Suitable for parents to be
- Perfect for parents looking for a healthy and gentle sleep start for their baby
- Gift Vouchers available on request
- Available worldwide

This package includes:

- 60 minutes scheduled consultation via video call or in-person to address sleep environment, safe sleeping guidelines, newborn products, what to expect, realistic expectations
- The summary of the consultation is emailed
- Tips and tricks for settling a newborn
- How to swaddle a baby
- How to deal with a crying baby
- How to settle baby in the cot
- **The perfect baby shower gift!**
- In-person consultation is held at my office (Caulfield North)

**No written sleep plan or follow up support



Sweet dreams petit bébé

Summary

| | General Consultation | | | In-home Consultation | | |
|--|---------------------------------------|--|-----------------------------------|--|--|---|
| | Express consultation \$ 100 | Comprehensive support Sleep Plan + Consult + Follow-up \$ 270 | Prenatal support \$ 110 | Naptime Support Sleep Plan + 2-hour naptime home consult + Follow-up \$ 335 | Bedtime Support Sleep Plan + 4-hour bedtime home consult + Follow-up \$ 470 | Overnight Support Sleep Plan + 11-hour overnight home consult + Follow-up \$ 940 |
| Phone/Video/In-person Consult + Summary of consult emailed | ✓ | ✓ | ✓ | ✗ | ✗ | ✗ |
| In-home Consult | ✗ | ✗ | ✗ | ✓ | ✓ | ✓ |
| Sleep plan – Multifactorial approach | ✗ | ✓ | ✗ | ✓ | ✓ | ✓ |
| 2 weeks follow up | ✗ | ✓ | ✗ | ✓ | ✓ | ✓ |
| End of follow up phone/virtual consult (15 min) | ✗ | ✓ | ✗ | ✓ | ✓ | ✓ |