



REST & GROW

WELLNESS

Sleep Support for Every Stage

Compassionate guidance. Personalized plans. Restful nights.

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The Rested Start

Personalized Sleep Roadmap

Perfect for the parent who loves to research, has a good sense of what they want to try, and simply wants a trusted expert to create a clear, personalized plan.

\$197

Book your consultation now to take advantage of our introductory pricing, available for a limited time.

What's Included

- Comprehensive sleep assessment and intake review
- 60-minute virtual consultation
- Personalized step-by-step sleep plan tailored to your child and family routines
- Custom schedules, routines, and gentle behavioral strategies
- Ages 0-5 years

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The Gentle Shift

Guided Sleep Coaching + Ongoing Support

This is for you if you know you cannot do this alone. You need someone checking in and reassuring you that what you are seeing is normal.

Infants: \$427 | Toddlers: \$477

Book your consultation now to take advantage of our introductory pricing, available for a limited time.

Support Length

- Infants (Under 18 Months):
2 Weeks
- Toddlers (18 Months+):
3 Weeks

What's Included

- Everything included in The Rested Start
- Personalized step-by-step sleep plan tailored to your child and family routines
- Custom daily schedule
- Email support with response within one business day
- One 30-minute phone call to review early progress, answer focused questions, and clarify plan.

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The Rest & Grow Experience

Concierge-Level Pediatric Sleep Support

Best for the parent who feels depleted, has tried multiple strategies, and wants more structured support while making sleep changes.

Infants: \$625 | Toddlers: \$725

Book your consultation now to take advantage of our introductory pricing, available for a limited time.

Support Length

- Infants (Under 18 Months):
2 Weeks
- Toddlers (18 Months+):
4 Weeks

What's Included

- Everything included in The Gentle Shift
- Sleep log review and schedule with weekday text messaging support with responses within one business day
- Email support with one business day response
- One 30-minute midpoint call to review the sleep log, discuss progress, troubleshoot challenges, and fine-tune your child's sleep plan.
- One 20-minute graduation call focused on long-term success, maintenance, and next steps



Gentle, personalized approach



Evidence-based strategies



Compassionate support for the whole family



Better sleep. Brighter days.

We're here for you. ♡