



# Sleep Solutions for Children

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Certified Pediatric Sleep  
Consultant



Personalized sleep solutions and support for  
healthy families

# Meet Becky

Becky holds a BA in Sociology and has spent many years working in the human services field, supporting families and children. Sleep became her passion when she became a mom and found herself suffering with the physical and mental effects that sleep deprivation takes on the body and mind.

Sleep and rest are not valued in our culture and new parents are often told to "suck it up" as they navigate parenting and life with little sleep. Relationships suffer, health declines, anxiety and depression set in. Employees struggle to be productive at work and some stop working all together.

Just like you would hire an accountant to do your taxes, a plumber to fix the sink, and a personal trainer to help you lose weight, you hire a sleep consultant to help improve your child's sleep. This frees up time and energy to focus on what's important in your life and give your best to your family and employer.



# Sleep Services

Sleep Solutions for Children supports families with small children, ages 0-5 years old. We also offer prenatal sleep education.

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Clients can expect to receive personalized education and support including:

- 1) **Initial assessment:** detailed health and developmental history of child, current sleeping habits, and family history. Mothers are screen for postpartum depression and anxiety and referred for mental health services.
- 2) **Consultation:** a private session where I provide education on sleep and provide a plan to address problematic behavior and challenges.
- 3) **Customized sleep plan:** an easy to read, step-by-step plan to address challenges and ensure the child is on track with sleep and their nutritional needs.
- 3) **Feeding and lactation:** support and referrals
- 4) **Support:** parents can expect 2-3 weeks of continuous support through phone sessions and email.
- 5) **Sleep resources guides:** preparation for the future with guides and tools

# Fee Schedule

## Prenatal and Newborn Clients 0-12 weeks - \$295.00

- Private 45 minutes consultation
- Sleep education and newborn sleep guide
- Safe sleep guide / SIDS prevention education
- Postpartum depression and anxiety assessment
- Lactation support and referrals as needed
- Nursery assessment
- Phone and email access

## Baby/Early Toddler Clients - \$395.00

### Ages 3-18 months

- Private 90 minutes consultation
- Customized sleep plan based upon age, weight, and developmental progress.
- Safe sleep guide / SIDS prevention education
- Postpartum depression and anxiety assessment
- Lactation support and referrals as needed
- Nursery assessment
- Phone and email access

## Toddler and Preschool age- \$445.00

### 18 months - 5 years old

- Private 90 minutes consultation
- Customized sleep plan based upon age, weight, and developmental progress.
- Lactation support and referrals as needed
- Bedroom assessment
- Applicable charts and learning tools
- Phone and email access

# Why does sleep matter?

## For an employer....

Productivity losses due to fatigue and poor sleep can cost employers \$1,967 per employee per year, according to the Centers for Disease Control and Prevention.

## Economically....

"A lack of sleep among the U.S. workforce is costing approximately \$411 billion and losing 1.2 million working days per year, a new study has found" (RAND study).

## Physical Health...

Sleep deprivation puts you at a higher risk for heart disease, heart attack, stroke, diabetes, obesity, and high blood pressure. Your immune system will also take a dip without adequate rest.

## Mental Health...

Sleep deprivation can cause memory issues, anxiety, depression, trouble concentrating, and mood swings. New moms can also experience higher rates of postpartum anxiety and depression, from extended amounts of sleep loss.