



NANNIES AT NIGHT

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Sleep Support Programme – Nannies @ Night

Sleep support for parent(s) and baby

Parenthood, like contractions, comes in waves; sometimes you think oh this is going well and sometimes you think oh no how did i get here? Nannies at Night understands that better than anyone and knows that sleep deprivation can not only be caused by long feedings, but also because the sleep process does not go quite as you would like. This can make you very insecure and sometimes you are so tired that you just don't know what to do anymore. To prevent that and help with that, Nannies at Night now offers a new sleep support program in addition to the nightcare we already offer, that helps you to get a good sleep routine for your family.

Personalized approach

Nannies at Night has an in-house sleep coach. She supports you and your baby to help build a good sleep routine and work from your own strength. Our sleep coach works according to a method that is widely used in both Australia and America. It is an evidence-based and approved method of sleep and routine strategies for babies of different age groups.

Our method helps you with practical advice and do this from the strength and love that parents have for their child and therefore deal with your wishes in a respectful way – in line with your approach. The well-being of the child is paramount.

What can this sleep support program do for you?

We help you to be more confident about a good sleep routine for your baby and bring some more peace to the family. You learn how your baby is developing around sleeping patterns. You will learn to recognize your baby's (sleep) signals and how to prepare your child to fall asleep easily. For example, we can work on getting your baby to sleep independently in his cot, help you get your baby to sleep through the night, or help with a restless sleeper or in any other difficult sleeping situation.

Sleep support package consists of the following options:

Package 1: live consultation at your home

It is first important to analyze the situation as it is now, to offer handles for the biggest challenges and to learn a good sleep routine

- An intake in advance about your sleeping situation now and the goals you want to work on
- Live consultation of 1.5 hours at your home: our sleep coach will monitor the sleeping area with you, so that you know that the conditions for good sleep are correct. She discusses your approach and how you can work towards a good sleep routine, gives tips and confirms whether you are on the right track and what you can adjust.
- a personalized sleep plan
- After the live consultation you are in contact with the sleep coach and you can ask any sleep question via Whatsapp or by phone

Costs: €325* (single)



Package 2: live consultation at your home + 4 hours live coaching

If you think that, in addition to learning a good routine, you also want to see live how the sleep coach puts your child to bed and extra tips that are tailored to your situation, then book this option:

- program live consultation as described above: intake, 1,5 hour consultation at your home, sleeping plan and keeping in touch with the coach
- 4 hours of live observation and coaching in practice (2x sleeping times during the day)
- The sleep coach observes the baby and you during the sleeping time and gives live tips when going to bed
- Our sleep coach keeps in touch via app and by phone about questions and what you run into

Costs: €549,-* (combination price)



**Prices are incl 21% Vat and excluding parking costs*

Package 3: Breaking down and building up a new routine:3 nights

If you have really ended up in a negative spiral for quite some time, where the baby really wakes up a lot in the night and you are too tired to pick up and put down the new routine yourself. Then choose this option:

- 3 nights from 9am, 10pm-7am; the sleep coach breaks the old routine and builds up the new sleep rhythm in 3 consecutive nights
- The parents can use these nights to catch up on sleep and then pick up the thread themselves.
- These 3 nights will follow after the 1.5 hour live consultation at your home (option 1)

Costs: €1749,-*-(combination price)



**Prices are incl 21% Vat and excluding parking costs*

Our clients say:



Review J. Fontein (GP)

In January I became the mother of a beautiful daughter. In addition to the beautiful moments, it is also a huge rollercoaster in which you end up. Broken nights with a daughter who doesn't want to sleep is really hard. When I couldn't anymore, Nannies at Night came by. After an intake, I was advised to also ask a coach for advice. Two days later, Pauline was sitting on the couch with me. What a relief. So much peace and positivity. Clear in her advice. Always available for consultation. Within a week my daughter was sleeping in her own room and there was a rhythm! Unbelievable, with a few tips and some perseverance. In addition, Pauline came to take over the care for 2 nights. What a peace that gave. Just sleep for two nights, no worries. All this makes me a much nicer and better mother! Exactly what it took to continue in good spirits. Ring the bell in time and don't be ashamed. Nannies at Night is truly a breath of fresh air.

Review L. Hellemons (mother of two children)

May 28, 2021

We have 2 children that kept us awake at home and therefore wanted a night-nanny to get some sleep. However, Chantal (luckily!) advised us a sleep coach so that we didn't have a short-term solution, but finally sleep again in the long term. I was always a little skeptical about sleep coaches, I'd read all the books and always thought I could just ramble on what to do, but I'm super glad we did. We really needed someone to come to us to break the established routines because with sleep deprivation you simply go for the fastest way. I've been sleeping with my 6-month-old daughter in bed for 2 months who had trouble sleeping because of eczema and ingrained routines and my boyfriend slept in the room with our 2-year-old son on a mattress because he didn't dare to sleep alone anymore. Going to bed was a drama of hours and every night we dreaded the night. With Pauline it immediately felt good. She is very respectful and sweet to the children and to us and also not in favor of the cry-out method. Very nice that someone came into our house to help at night and to really look closely at what the right method and need is for a child. I immediately felt familiar with Pauline and let her spend the nights with our daughter with confidence. I could go in the attic with earplugs and slept wonderfully. The constant approach also helped a lot. Our daughter slept in her own room within a few days, woke up less during the night and after a week it turned out that she no longer needed night feeds at all. Our son immediately fell in love with Pauline, she came as a "sleep fairy" with "sleep cream" and dream spray" and he thought it was all fantastic. Within 3 evenings, the drama of going to bed was transformed into a 15 minute ritual and no more tears when the lamp goes out. And now a few weeks later the nights are (almost) quiet. If things go wrong after that, we could also call Pauline, really nice and effective sleep coaching! I am no longer skeptical, but give everyone with poorly sleeping children a Pauline.

Review L. Weeteling (mother of one child)

June 2021

In bad periods I had to get out every 1.5 hours to get my 1 year old daughter back to sleep. We knew something had to change and made some attempts as well (with the advice of a sleep coach). We were just too tired to continue. When we really got tired of it, there was Pauline from Nannies at Night, our sleep whisperer. With a plan in her pocket, she took over the care of our daughter for three nights. We found it very exciting and our daughter got very angry at first, but Pauline reassured us and stayed with her for three nights. It got better every night. Even after that, Pauline continued to be involved and give advice from a distance. So nice, because a few weeks later the relapse came. Something about vaccinations and teething, which caused us to fall back into our old pattern. With the help of Pauline and one night a nanny, our daughter slept through quickly. Going to bed is no longer a struggle. At night everyone sleeps and during the day we have a lot more energy, a real relief.
