



Babybliss Services

General Services

- **Phone Consultation: one-off 30 minute phone consultation**
This involves having an up-to 30 minute consultation over the phone where Jo can give you tips and suggestions on how to deal with the particular problem you are experiencing.
- **Phone Consultation with ongoing support: one-off 30 minute phone consultation with one month's ongoing support**
Same as above with ongoing email/phone support for one month after the consult to discuss how things are going and any other issues that may arise along the way.
- **Home Visit Consultation: A one-off home visit lasts between 1 to 2 hours. (Sydney only)**
Jo comes to your home for a consultation where the particular problem is discussed, and tips and suggestions about how to deal with it are given. Jo is able to see the child and show particular techniques if that is required.
- **Home Visit Consultation with ongoing support: 1 to 2 hour home visit with 1 x month email/phone support. (Sydney only)**
Same as above but with one month's ongoing phone/email support after the consult to discuss how things are progressing and to discuss any other issues that may arise.
- **Day visit with ongoing support. – 6 hour home visit + 1 x month email/phone support. (Sydney area only)**
This service is primarily for babies who do not sleep well during the day. Jo comes to your house for a minimum of 6 hours so she can be there for two sleeps. Jo demonstrates how to resettle your child and what you can expect with using this technique. This also has one month's follow-up via email or phone to check on progress and discuss any thing that may arise along the way.

Sleep Programs

1. **3 night In-Home Sleep Program**

This program is primarily for babies of at least 6 months of age and eating solids three times/day who are not sleeping through the night. Jo has an excellent success rate with this program.

What's involved?

- Jo will come to your home for three consecutive nights to teach your child to sleep through the night.
- Jo comes to your home before your child goes to bed at night so she can meet the child and interact with them. Then once the child goes to bed, Jo attends to the child during the night using the Babybliss Self-Settling technique. Parents are



encouraged to get a good night's sleep.

- Each morning Jo reports back to the parents on what occurred during the night and her observations and expectations. Jo will also talk parents through what to expect during the day and how to deal with the daytime naps. Jo then leaves and returns again that night.

Time allocated for this program

The time Jo spends at the family home is usually 10 to 12 hours per night.

2. Customised Sleep Program

Jo has a very high success rate with this program but success very much depends on parent's commitment and consistency.

What's involved?

- An initial long phone consultation to get the current 24 routine and full history.
- Jo then writes a customised program for you and your child. This is sent to the parents via email.
- All phone calls during implementation of the program to answer any questions or queries and for Jo to make any changes to the program.

Time allocated for this program

Timing really depends on the age of the child and the ability to commit. Older children obviously take more time and previous history also must be taken into account, e.g.: has the child been sleeping in their own bed etc.

However previous programs have taken anywhere from three days to 3 weeks to implement fully.

Other Programs

• Post-Natal Home Stay

Jo will come to your home to assist you with feeding – breast or bottle – give lactation advice, including expressing and storage of breast milk, teach you settling techniques including how to swaddle your baby, how to recognise your new baby's tired signs, how to get your baby on a good routine, and how to teach your baby to be an excellent sleeper.

All this along with basic baby care such as bathing, nappy changing, dressing your baby and stimulating your baby are essential tools in the early days and assist you to become a confident new parent.

What's involved?

Jo will come to your home the evening you arrive home from hospital and stay for the first night, and the following day and night. Then, if everything is okay and the parents feel comfortable, Jo will leave you for the next 2 nights and days. Jo then returns for a visit on the 5th night home to see how things are going and deal with any questions or issues that may have arisen.

Jo is then available for phone support for the first month.

Any extra time that is needed can be arranged on a case-by-case basis.