



Healthy Sleep Habits

Sleep training • Weaning • Maternity care
Trouble-shooting and general guidance

Service Rates

***Sleep Training**
Includes:

From £ 1,400 (3-5 days -24 h)

Assessment of your child's sleep needs, including current sleeping and eating habits, sleep training implementation for night waking and naps, tailor made feeding/sleep routine
Post training support via telephone, email and/or text for up to one month

Sleep Training (Nights)
Includes:

£ 1,300 (up to 5 nights)

Sleep training during nights, guidance on how to implement the new routine
Post training support via telephone, email and/or text for up to one month. Designed to help the baby/child to resettle into the routine after holiday or illness disruption.

Weaning consultation
Includes:

From £ 250

Assessment of your child's eating needs, a customized eating plan for your baby, including guidance on how and what to feed your baby, advice on how to cook and store your baby's food. 3 days booking includes help with feeding, cooking and storing.
Ongoing support via telephone, email and/or text for up to one month.

Whole day observation and assessment
Includes:

£ 500

Assessment of your child's sleep needs, including current sleeping and eating habits, A customized sleep plan for your baby, including guidance on how to implement the plan
Ongoing support via telephone, email and/or text for up to one month.

Personal Consultation at client's home
Includes:

£ 350

Assessment of your child's sleep needs, including current sleeping and eating habits. A customized sleep routine for your baby, including guidance on how to implement the routine.
Ongoing support via telephone, email and/or text for up to one month.

Maternity care
Includes:

£ 1,500 (5 days)

Care of your new-born sleeping and eating needs, including a tailor-made routine for the first 6 weeks, general advice and guidance during the early days of parenthood.

Telephone Consultant
Includes:

£ 150

Designed for parents who have successfully implemented a sleep routine but need further help in addressing different issues. Such circumstances might include but are not limited to early morning waking, naps, moving from a cot to a bed, or bedtime routine disruptions.

Holiday care abroad

£ 180 per day

Proxy parent

£ 300 per 24 hours

Evening baby-sitting

£ 14 per hour (up to 12 am)

Travel expenses to and from workplace

£ 0.50p per mile



NOTES:

*Please note that the average length of time necessary to sleep- train a baby/child is 3/5 days but could vary and is determined by several factors. Although it's normally not the case, should extra days be necessary beyond the standard training period, a charge of £250 per extra day is applicable. Should the baby achieve the expected results earlier than the standard time, full price is still applicable.

Prices do not include travel expenses, hotels accommodation (if necessary), airport parking when travelling overseas and additional charges for bookings over holiday periods (Bank Holidays).

Please note that overseas booking where long-haul flights are involved, travelling days are charged @ £200 per day in addition to the service fee.

Travelling days to and from client's home where flying or all-day travelling is involved, are charged @ £150 per day in addition to the service fee.

Please note that overseas/overnight packages will require a £ 350 non-refundable deposit payable in advance which will be deducted from the final invoice.

Healthy Sleep Habits, Happy child!



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Disclosure: MB does not offer medical advice, services, or treatment to its clients. If you are concerned about a medical issue related, you are advised to contact your doctor or paediatrician as a matter of urgency.