



# Little Hush NZ Sleep Consultants

## Packages & Prices

We would love to work with you and your family to get you all some more sleep.

All personalised packages include a free 15-minute discovery call for you to ask any questions you may have and for us to find out about your family and your needs.

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### Newborn package (3 weeks to 4 months)

A tailored package for your newborn that considers your specific situation and needs. This is a comprehensive personalised guide to allow you to establish healthy sleep habits with your baby and includes a written sleep plan and resources, as well as information about what to expect next. Includes 2 weeks of support.

\$120

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### Phone or zoom consultation and tailored plan (16 weeks+)

Our most popular package that is ideal for any sleep problem (no matter how big or small!). Some of the areas we can help with are consolidating night sleep and naps, helping to teach self-settling, reducing overnight feeding and hands-on settling, early rising, difficulty getting your child to bed, support establishing a routine, and plenty more!

This package includes:

A one-hour phone consultation, personalised sleep plan and resources, 2 weeks of support.

\$250

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## Home consultation and tailored plan (16 weeks+)

A two-hour (daytime), three-hour (evening), or 6pm - midnight in-home consultation.

In this package you will get everything that is included in the phone or zoom package, but we will be there right along beside you as you implement your new strategy. We can help you to set up an optimal sleep environment and show you how to employ the settling techniques. This is great if you are feeling apprehensive about the idea of sleep coaching and want someone there to support you.

Only available in Wellington or Auckland. Transport charges apply.

2-hour: \$350  
3-hour: \$400  
6pm – midnight: \$600

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## Extended care phone call

Great for clients who have used our services before but have hit a little blip and are needing some help to get back on track, or there is a specific area that you want support with e.g. transition to fewer naps, starting daycare. A 45-minute phone call to allow you to ask any questions you may have that are sleep related.

\$80

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## One-hour phone call for advice and practical strategies

If you are not sure whether a personalised sleep plan is right for you, but you have some questions you want answered and some practical strategies to go away with, this is the perfect package for you. Please note that this plan does not include follow up resources or support.

\$80

