

Parent Heroes Services Guide

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FOR NEW CLIENTS

- Superhero Sleep Consult
- Sidekick Sleep Consult
- Hero by the Minute
- Future Super Sleeper

FOR PREVIOUS SUPERHERO/ SIDEKICK CLIENTS

- Punch Card Package
- Power Up





TWO WEEK PHONE/VIDEO CONSULTATION

A comprehensive plan for nap issues, early morning wakeups, nighttime awakenings, toddler transitioning to a bed, twins/multiples, or ending co-sleeping/cuddling during sleep.

- Evaluation of intake form
- Two hour phone call/video consultation
- Creation of a customized sleep plan
- Two weeks of coaching support
- 4 coaching phone calls that are 15 minutes in length. We will celebrate your child's improvements and brainstorm about future sleep goals.
- Daily feedback on your child's online sleep tracker
- **BONUS:** Written plan explaining Future Sleep Milestones
- **BONUS:** 30 minute call to review the Future Sleep Milestones
- **BONUS:** Caregiver Instructions for the babysitter. Now, you can go out on date night again!

SIDEKICK \$300

ONE WEEK PHONE/VIDEO CONSULTATION

Best for simple sleep issues. This package is an excellent option for a family that wants concentrated coaching during Week One of Sleep Training. Then, parents can follow the sleep plan solo for Week Two of Sleep Training.

- Not recommended for co-sleeping or twins/multiples
- Evaluation of intake form
- Two hour phone call/video consultation
- Creation of a customized sleep plan
- One week of coaching support
- 2 coaching phone calls that are 15 minutes in length. We will celebrate your child's improvements and brainstorm about future sleep goals.
- Daily feedback on your child's online sleep tracker
- If you find that you want more coaching, you may upgrade to the 2 week package for an additional investment of \$100.
- **BONUS:** Written plan explaining Future Sleep Milestones
- **BONUS:** 30 minute call to review the Future Sleep Milestones
- **BONUS:** Caregiver Instructions for the babysitter. Now, you can go out on date night again!



Q & A | PHONE CONSULTATION

This option is great for families that don't need a full consultation or support. Get laser focused guidance on sleep questions!

- This is a call only package.
- No written materials or sleep plans will be provided.



EXPECTANT PARENTS or NEWBORN PARENTS

Prenatal - Newborn - until 15 weeks of age

This is such a wonderful baby shower gift!

This package will teach parents how to establish healthy sleep habits from the beginning!

- One hour coaching phone call
- Review safe sleep practices
- Soothing techniques
- Sleep expectations for the first 3 months of life

For Returning Superhero or Sidekick Clients



RETURNING SUPERHERO/SIDEKICK CLIENTS ONLY

Have a quick question? Need some reassurance about a future schedule change/nap transition? Will it benefit your kiddo? Heading on vacation and want a quick game plan?

The Punch Card Package can be customized to your family's sleep question level:

30 Minutes = \$85 1 Hour = \$150 2 Hours = \$300 3 Hours = \$450

- The Punch Card will be "punched" based on the call time with the consultant.
- The Consultant will keep track of the punches and email an updated balance after each call.
- No written materials or sleep plans will be provided.
- Punch Card Package expires 2 years from date of purchase



RETURNING SUPERHERO/SIDEKICK CLIENTS ONLY

Who have completed the consultation in the last 3 months

This is wonderful for families who need more support. Add POWER Up for nap transitions, time changes, resetting after a vacation, or other life events:

- 30 minute phone call to get back on track
- Two 15 minute coaching calls
- Consultant provides daily feedback on the Shared Sleep Log
- Parents will update the Shared Sleep Log daily



VANESSA VANCE

I founded Parent Heroes because my postpartum phase was really, really tough! The sleep deprivation, the frustration, the confusion, the utter hopelessness of it all. I mean, I could get any sick baby to sleep—but not my own!

I was sandwiched between my "expert"ness and my inexperience as a new parent. It was humbling, and I decided right then and there to learn EVERYTHING I could about Sleep Training.

PARENT HEROES MISSION

Our mission is to help parents rock the sleep training experience. We make sleep training simple, evidenced-based, and effective. So that you can you can get your little one rested and get back to feeling like yourselves again.

GROUP EVENTS

Corporate Training, Group Events, or Sleep Training Group Party with 3 of your friends....

Contact me to customize an event for you and your crew. Let's tackle sleep together!

CONTACT ME

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