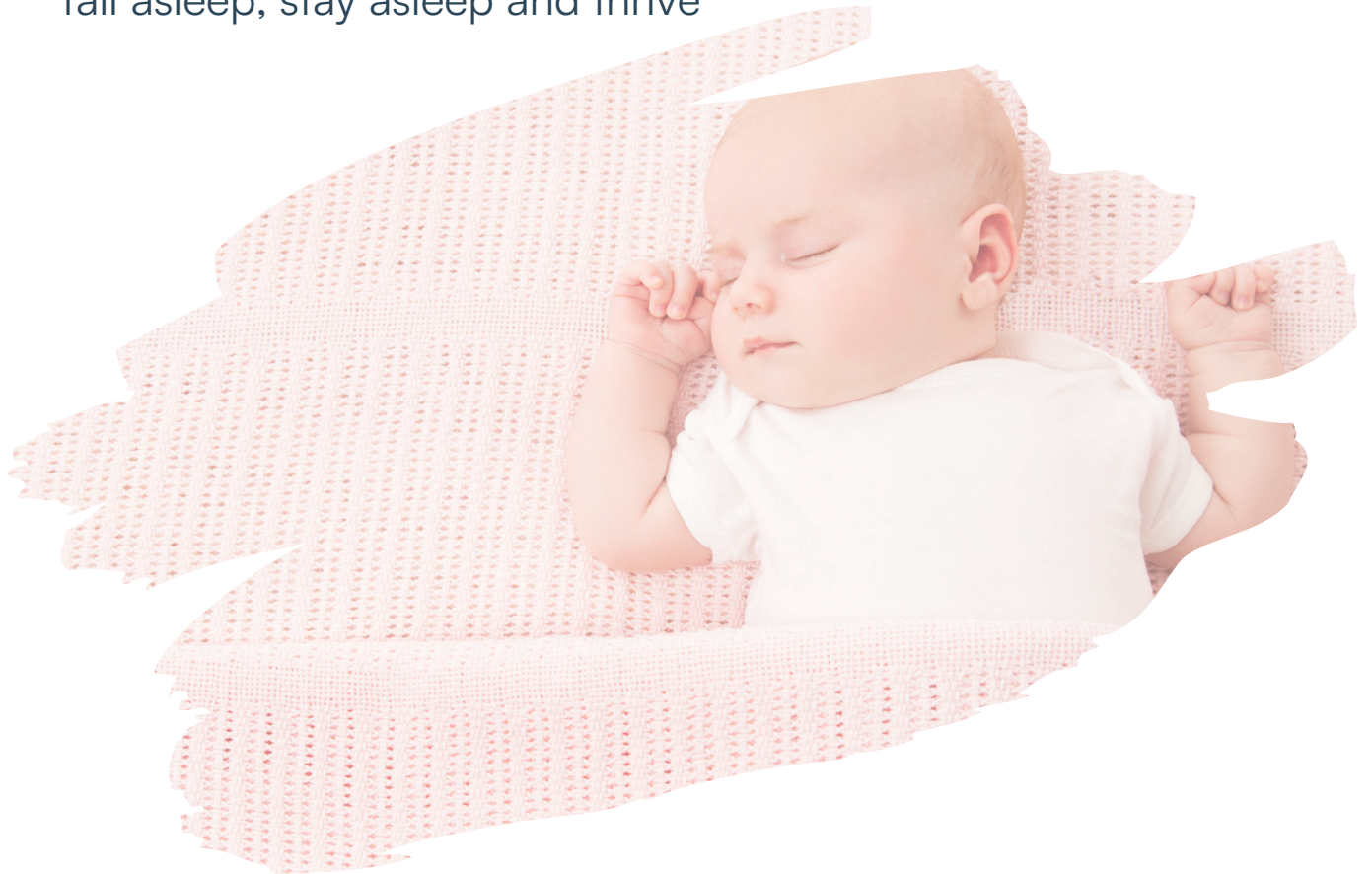




LULLABABY SOS
PAEDIATRIC SLEEP SPECIALIST

Lullababy SOS Virtual Assisted Settle Session

Building confidence in your ability to meet your child's sleep needs with empathy, respect and love so they can confidently fall asleep, stay asleep and thrive



All you need to know

What is a Virtual Assisted Settle:

A Virtual Assisted Settle is where you get me to virtually coach and support you through your first or any settle during our follow-up support period.

Essentially, the Virtual Assisted Settle is like, if not better than having an in-home consultation. With state-of-the-art video baby monitors and virtual meeting software, I can assist you anywhere in the world at the click of a button, and the best bit is that you don't have to do anything to accommodate me except have a Video monitor and a charged phone and headphones.

How does an Assisted Settle work?:

For Virtual Assisted Settle Consultations, I need to be able to see your baby in the crib or cot. We can do this with many monitors that have apps linking to your phone by simply sharing temporary access to your monitor with me so when I need to log on at the time of the settle, I can open the app, give you a call on your phone and support you. **Easy right.**

Bonus points go to Cubo Ai Monitors, as I can use the playback feature to review previous settles in the last 18 hours, and this can be a real game changer to understanding the current settle and the lead-up to it. I can also review your progress from the previous night when we check in the following day.

If your monitor is not connected to your phone, we can set the screen up in front of a Zoom meeting so I can see the monitor at the time of settling.

All you need to know

When do we do the Assisted Settle?

- Most of the time Assisted Settle Sessions happen for the night-time sleep.
- I recommend this for two reasons 1.- This is a more predictable time for us to be able to book the session, knowing that your baby is most likely to be ready for a sleep within a time frame, and 2. I tend to recommend that parents implement the new changes from **bedtime routine first** rather than at nap time. As this is the longest sleep of the day and making changes here first will help your baby be more familiar with the new changes when you settle for their first nap.
- **Naptimes Sessions** are also an option, especially if this is what your struggling more with. If that is the case, I prefer to book in for the first nap of the day.

What happens during the Session?

- I will guide you through the whole settle process step by step, As I will be able to hear and see your baby I can assess their cries and behaviours, I will also be able to assess your support and guide you through changing/ adjusting and reducing or increasing support as needed.
- My goal here is to help you understand YOUR baby's cries and responses to behaviours and interactions and help you feel confident that your meeting your child's needs and responding appropriately.

All you need to know

What happens during the Session?

- This first session can be incredibly valuable to you as you navigate this first night or nap or when you hit a bit of a bump in your progress. The settle will typically take around 20—40 minutes, during which I'll guide you through the process and provide support as needed. I allocate an hour for these settles so we have some time to debrief or answer any questions afterwards, but if the settling time takes longer, then I will continue with you for as long as it takes.

What is the cost of a session?

- Virtual Assisted sessions are \$175 for the first hour and then billed separately at \$40 per half hour after (if required or extremely rarely needed).

Remember:

- If you have a monitor that can be accessed remotely, please provide log-in details so I can access your monitor remotely.
- If not please position your baby monitor screen in front of your PC or device, ensuring it offers a clear view of the cot. Test this before the session time. We will use zoom so I can see your monitor during the session.
- Charge your headphones - You will need headphones to wear during the session so that I can talk and explain things clearly to you offering support. This setup ensures you can hear me clearly while your little one remains undisturbed.

Completion:

- After the settle, we can address any questions or concerns you may have, Your standard consultation includes 3 weeks of follow-up support so if this settle has been booked as an add-on to a full consultation. Im there to support you and guide you through any changes necessary, and we'll be happy to assist you further.

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- If you need to get a better understanding of the setup and process, please watch the video linked below:

[Watch here: Video explanation: Zoom & Settle setup](#)

If you have any questions or need further clarification, please don't hesitate to reply to this email. We're here to support you on your parenting journey. Vitruual Assisted Settle Sessions are \$175 - payments can be made directly through this [LINK](#)

