



Parent Agreement – Terms and Conditions

By completing an assessment form you are agreeing to these Terms & Conditions.

My approach to sleep, my sleep suggestions and techniques are aimed at developing and supporting lifelong healthy sleep habits and supporting positive attachment relationships with parents. Therefore, focus will be on building gentle and nurturing routines and approaches that address and meet the child's emotional needs for security during sleep work. My aim is to understand you and your family needs and to put into a place a plan that supports your philosophical beliefs and goals.

I am a trained, certified Child Sleep Consultant but I am not medically trained, therefore I do not make medical diagnoses. However, I can support the identification of sleep disorders and suggest when medical support may be necessary.

Please note: I cannot guarantee that your child will not cry throughout the process however, I ensure that at all times your child is aware of your support and your presence and you will be on hand to comfort them and to provide an emotionally appropriate response to their needs

Before starting sleep work, parents should ensure their child is healthy, please check with your GP or health visitor if you are not sure.

In some cases, I might suggest that your child visits another specialist in advance of beginning any kind of sleep programme who might be able to help with any outstanding health or behavioural issues that are not in my area of expertise. Parents should ensure that they have a quiet and stable period in which to implement their suggested sleep plan; continuity, stability and persistence are important.

Sleep Plans: My work focuses on and responds to the uniqueness of each child, parent and family and their situation; sleep issues are investigated, assessed and analysed accordingly; therefore, your sleep plan is developed specifically for your use only. I ask that parents do not share details of their plans on social media networks – my work and approach is unique; I ask this to prevent plagiarism of my approach.

Points to Note:

1. The total cost of the sleep package is required before the assessment forms are sent over. If payment has not been made the assessment form will not be sent and our package cannot start.
2. Cancellation policy: Sleep consultation fees are refundable until you have your sleep plan, after this fees are non refundable.
3. Your details and information shared with me remains confidential.
4. Confidentiality of consultations and sleep chats: sleep chats and consultations shall remain confidential; all information imparted to me remains confidential.
5. My role is to support, empower and offer practical suggestions with an aim to resolve sleep problems; I do not advise. It is therefore the parent's choice to

implement the sleep plan and/or the practical approaches within the plan.

6. Parents maintain and hold full responsibility for their child's health throughout sleep work.
7. Sleep plans alone do not improve sleep; the parent's role is important in following through suggested approaches and strategies with consistency to provide the greatest potential for change. I do not provide guarantees that I can resolve all sleep problems.
8. **Illness:** If your child becomes unwell, the consultation/chat can still go ahead as sleep work does not need to start on the day of the chat/consultation; however, if the illness is severe which puts additional stress on parents the consultation / chat can be postponed to a later date – please let me know asap.
9. **Consultations:** payment and support provided:
Consultations are a free 15 minute chat and after payment and terms and conditions have been received; I will send you assessment forms and then work on your sleep package within a 48 hour period. All support and recommendations offered are suggested; I do not advise; therefore it's the parent's choice to implement any suggested approaches and recommendations.
10. **In case of illness:** sometimes (although rare...) I do become unwell – I'll provide you with good notice and reschedule your consultation/ chat.
11. Often I will recommend you work with other professionals alongside the work we are doing, on the occasion that parents don't take up the recommendation, I reserve the right to pause or discontinue the support until the referral has been taken up. This is because in the case of underlying trauma unless the parents sees the specific specialist I might be pushing against the child and their trauma

possibly creating a cycle of trauma which is tricky for the parent and child.

12. All of my methods are tried and tested, and they work for many people. However, they are not guaranteed and if over a period of weeks or a month or two despite consistent application you find that they are not having the desired effect then you may want to speak to your GP or another health professional to make sure that there are no underlying problems.