

# Night Nannies Overnight Sleep Routine Guidance

## What's involved?

### Parent training

1. You will be given an initial assessment over the phone to gain an understanding of your family's issues.
2. A deposit of \$60 is required up front prior to commencement of the service.
3. You will then be sent our sleep assessment forms by email or mail to complete and return in preparation for your Night Nanny home stay. These assessment forms help us to understand what is happening with your child's sleep times.
4. A Night Nanny will come to your house and stay with you for a minimum of 2 nights working 9pm – 7am staying with you to guide you with sleep solutions and techniques.
5. The Night Nanny will get up with you to help resettle your child during the night, showing you techniques that you can use and put in place.
6. A written report will be sent out by mail or email after your training with your new routine and sleep techniques to use as a resource.

### Child sleep guidance and training

1. You will be given an initial assessment over the phone to gain an understanding of your family's issues.
2. A deposit of \$150 is payable in advance, prior to commencement of this service.
3. You will then be sent our sleep assessment forms by email or mail to complete and return in preparation for your Night Nanny home stay. These assessment forms allow us to have a full understanding of your child's sleeping routines.
4. A Night Nanny will come to your house and stay with you for a minimum of 5 – 7 nights working 9pm – 7am to help establish a new sleep routine for your child.
5. The Night Nanny will then go over the routines with the parent(s) to allow for the new routine to be maintained and kept in place.
6. You will be sent a written report on the new routines that have been put in place to use as a resource.

### Sleep Guidance Workshop in your home

1. You will be given an initial assessment over the phone to gain an understanding of your family's issues.
2. A deposit of \$30 is payable in advance prior to the service commencing.
3. You will then be sent our sleep assessment form by email or mail to complete and return in preparation for your sleep guidance workshop.
4. A Night Nanny will come to your house for 3 hours during the day and complete an in-home assessment with you and guide you through a series of techniques and options to help you with establishing a sleep routine for your child.
5. You will be sent a written report outlining the new routines and techniques for you to put in place after the workshop and use as a resource.

## Luxury Overnight Babysitting

1. You will be given an initial assessment over the phone to gain an understanding of your family's needs.
2. A deposit of \$30 per night booked is payable prior to commencement of the service.
3. A Night Nanny will come to your home for a minimum 10-hour shift usually between 9pm – 7am (flexible).
4. The Night Nanny will then attend to your child's complete needs during the night so you can have an undisturbed sleep and even get a lie in if you want.
5. The Night Nanny will feed and dress your child in the morning.

### *Important Information*

- ❑ Night Nannies reserves the right to stop the Overnight Services if deemed necessary.
- ❑ Parents are required to be disciplined to maintain the end result. Expect that you are always working at maintaining healthy sleep cycles and practices for your children.
- ❑ Night nannies are responsible for the child and the child's needs alone; they are not expected to do other duties outside of the sleep guidance service.
- ❑ Night Nannies are to be paid in cash at the end of each shift.
- ❑ All of the above services provide provides strategies for the parents to put in place and maintain once the Nanny has left. It is crucial for the success of the service that these routines are strictly maintained after the Nanny has left.
- ❑ A Circadian Rhythm will take 3 weeks of consistent sleep times before it registers the new sleep as a normal pattern. Therefore, the routines will need to be maintained consistently for 3 complete weeks before you can expect to have the routine locked in place.



**NiGHT NANNiES**

You deserve a good night's sleep

[www.nighnnannies.com.au](http://www.nighnnannies.com.au)