

Price List

Sleep consultation Package

You will receive a personalised sleep plan, plus four weeks of additional support via phone/Skype/email. - £150

Behaviour Support package

You will have a consultation in your own home or over the phone. I will create a behaviour management plan for you to implement, and then you will be entitled to 4 weeks of additional support. - £100

1:1 'Bedtime' Support

£25 per hour, minimum charge of £50 per visit.

Newborn Preparation Session

This 1:1 session will last for 2 hours in your home - £55

Preparation for Breastfeeding Session

These sessions are available for groups of 'Parents To Be' - £30 per couple (minimum of 5 couples).

Baby Massage

All sessions include IAIM approved oil and handouts. You will enjoy a 5 week block of massage -£55 per person

Additional Session

£15



Group Sessions

Minimum 8 people - £55 per person for a 5-week block (Ideally with one of the group hosting in their home, discount available for that person).

Ruth's Hourly Rate

(Minimum of two hours per consultation) – £25 · This is suitable for: Behaviour support · Breastfeeding support · Potty training · Fussy eating or Additional support after an initial consultation.

Extended Email Support

£35 per week, as required.

Skype Calls

£35. These are to be paid for in advance and are non-refundable.

Travel Time Home

Visits can be arranged, if preferred by you, just contact me and let me know your postcode. Some postcodes will be chargeable, due to travelling time and mileage.