



When you contact Dream-Angus;-

At first we will have a conversation about your child. To create a tailored sleep plan for you, a full sleep history must be taken. Looking at your child's day and how your child settles to sleep is an important first step. If you have already tried to alter your child's behaviour what do you think has worked and what has not?

Dream-Angus offers a variety of packages. ;-

- 1) We can have a single conversation and offer you some techniques to improve things.
- 2) An internet, telephone and email support service lasting one month.
- 3) A 4 or 6 week contract which includes a home visit and further consultations which can be office based appointments/home visits/telephone contact/email contact or any combination of these.

Most sleep issues in small children can be resolved within 4-6 weeks depending on the complexity and duration of the problem. Most of the work to resolution is done by you, the parent, and is dependant upon your abilities to be consistent. We can suggest good, effective practices, but you are the person with your child and you have to be comfortable in following these through. Dream-Angus will support you while you work on this.

If you feel that the methods suggested are too difficult or you have any problems with them, you need to let us know so that we can review the issues and in some cases offer alternatives.

We do not use “Cry It Out”. This is not a method which is easy for parent or child and does not make for a secure child who has trust in his/her parents. Indeed Dr. Ferber, who initially wrote about this, has since altered his view.

We do not sedate children. This is bad practice. There are some Homeopathic remedies which parents have been known to use, and there are simple abuses of medicines to sedate children and make them sleep. These do work but, they do not teach your child to settle themselves to sleep. There is always the danger that you or your child, become reliant on these and there are always side effects, now or in the future.

We offer well researched, evidence based, behavioural methods of teaching children to settle to sleep. Our approach is a graded one which is highly effective and teaches you transferrable skills. Graded approaches are recognised as taking slightly longer but they do make the child feel secure in the relationship with their parents, and they improve parents self confidence.

Costs

Our fees are in line with those of Lactation Consultants.
Contact us for more details.

