

# Little Owls Blueprint Terms and Conditions

## **1 – Service Details**

### **1.1 – Overview:**

Nestling Owls Blueprint package is designed to help address and improve sleep challenges you may be facing for your 3 week to 4 years old to. It's designed to empower, educate, and support you during our time together so that you have the confidence to keep going and thrive!

### **1.2 – Eligibility**

To book the Nestling Owls Package, you must meet all the following criteria:

- 1.2.1 – Be a Parent or Guardian of a 3 week to 4 year old
- 1.2.2 – At least 18 years of age
- 1.2.3 – Your baby must be gaining weight steadily.
  - 1.2.3.1 – Little Owls Sleep Specialist will assess this from your intake form or during a Nest and Nurture Call.

### **1.3 – Inclusions**

Your Little Owls Blueprint Package Includes:

- 1.3.1 – 60 minutes virtual consultation via Microsoft Teams
- 1.3.2 – A holistic, multipage Sleep Plan
- 1.3.3 – Supporting informational guides
- 1.3.4 – Assessment of Sleep Environment & Feeding Patterns
  - 1.3.4.1 – Please upload a photo of your baby's sleep environment (without your child in the photo).
- 1.3.5 – Tailored, age-appropriate routine
- 1.3.6 – Comprehensive Digital Intake form (emailed upon booking confirmation)
  - 1.3.6.1 – This form must be completed at least 24 hours prior to Consultation. Failure to do so may result in rescheduling.
- 1.3.7 – Tips for creating a soothing, safe and welcoming sleep space

## **2 – Client Responsibilities**

- 2.1 – You agree to provide accurate, honest information regarding your child's sleep, health and routine.
- 2.2 – We treat all clients with warmth, kindness and respect and we ask for the same in return.
- 2.3 – Any form of abuse, unkindness or inappropriate conduct may result in immediate termination of services.
- 2.4 – You must follow safe sleep practises outlined by RedNose.org (See General Terms and Conditions for more information.)
- 2.5 – If any concerns arise that are outside the scope of sleep consulting, you may be referred to a medical professional before we proceed.
- 2.6 – Health & Medical Clearance

If your child shows signs of illness, developmental delays, or feeding/growth issues beyond the scope of sleep consultancy, we may pause services and request clearance from your GP, paediatrician, or relevant health professional.

### **3 – Communication and Support Access**

- 3.1 – This package does not include follow up support. It may be purchased separately if you desire or find you need support.
- 3.2 – Support additional support can be purchased from our Feathering the Wings package on our website or contacting us directly.
- 3.3 – Technology and App Limitations  
We rely on third party platforms such as Microsoft Teams and Rested App. While we make every effort to ensure smooth communication, technical issues may occur that are beyond our control.

### **4 – Fees and Payment Terms**

- 4.1 – Full payment is required at the time of booking.
  - 4.1.1 Your booking is not confirmed until payment is received and may be cancelled or rescheduled if not paid prior to consultation.

### **5 – Cancellations, Rescheduling and No Shows**

- 5.1 – You must provide at least 2 business days' notice if you need to reschedule your consultation.
  - 5.1.1 If less than 2 business days' notice is provided, the session and its associated cost will be forfeited.
  - 5.1.2 Should you need to reschedule please contact us at:  
[hello@littleowlsleepspecialist.com](mailto:hello@littleowlsleepspecialist.com)

### **6 – Results Disclaimer & Limitations of Service**

- 6.1 – While we make every effort to support you and your child's journey to better sleep, outcomes may vary depending on your circumstances and consistency.
- 6.2 – Our services do not replace medical advice, diagnosis or treatment. We do not offer medical opinions.

### **7 – Use of Materials and Intellectual Property**

- 7.1 – All resources and materials provided remain the intellectual property of Little Owls Sleep Specialist.
  - 7.1.1 They are for personal and non-commercial use only.
  - 7.1.2 You may not copy, share or distribute without written permission.

### **8 – Termination of Service**

- 8.1 – Little Owls Sleep Specialist reserves the right to end service early if unsafe, disrespectful or inappropriate conduct occurs.

### **9 – Agreement to General Terms and Conditions**

- 9.1 – These service specific terms and conditions operate in conjunction with our General Terms and Conditions, in full, which contains further information and details such as liability, privacy, cancellations, and Force Majeure.  
By booking this service, you acknowledge and accept both sets of terms.
  - 9.1.1 – The full General Terms and Conditions can be found on our website or are available via email upon booking.