

The Family Zone: Price List

	Price ¹
Ante-natal, Post-natal and Lactation: Home Consultations	
Post-natal (~1 hr)	\$1,500 for first visit, thereafter \$1,300
Package of 5 (~1 hr each) With a package you also have access via mobile and email to reasonable requests for advice in between visits. Packages are valid for 3 months from first consultation.	\$6,175
Ante-natal (~1hr)	\$1,300
Baby/Child Development Milestones Assessment (~1 hr) e.g. 3 months, 7 months, 18 months, 2½ years	\$1,300
Ante-natal, Post-natal and Lactation: Online² Consultations	
Quick Check-in (up to 15 minutes)	\$400
Full Consultation (~1 hr)	\$900
Sleep Consultations	
Newborn (0 – 3 months) Full assessment of current sleep routine, challenges and sleep environment; 60 minutes consultation within your home or via Zoom/Facetime/Skype; Newborn sleep support guide; 1 x Support call post session	\$1,875
Babies and Toddlers (3 months – 6 years) Full assessment of current sleep routine, challenges and sleep environment; 60-90 minutes consultation within your home or via Zoom/Facetime/Skype; Unique sleep plan written specifically to meet your and your child's needs; 1 x Support call post session	\$3,150
Workshops at Home (min. 3) Do you and a group of mums talk about sleep all day long? Arrange a baby date/group session where you can ask an expert and receive advice and tips. All taking place in your home.	\$650 per person

¹ For services delivered in your home, these are the standard prices for anywhere on Hong Kong island. For other locations, please refer to "Other Charges/Terms & Conditions".

² Facetime, FB Messenger, WhatsApp, Skype or Zoom.



Courses	
Fast Track Ante-natal (3x2 hrs)	\$1,480 per couple
Private Ante-natal (Home Tuition min 2 hrs)	\$1,300 per hour
Baby Basics for Parents (Home Tuition min 2 hrs)	\$1,300 per hour
Child Care, First Aid & CPR Course for Domestic Helpers (11 hrs)	\$1,900
Paediatric First Aid & CPR (4 hrs) – Scheduled or Private Group (min. 6)	\$980 per person
Other Services	
Domestic Helper Assessment (4 hrs) – single session Home Safety Check	POA
<u>Other Charges/Terms & Conditions</u> Kowloon and New Territories: \$200 surcharge per visit. Locations involving ferry: Outlying islands, Discovery Bay, Park Island: minimum \$2,400 per visit. <u>Note:</u> When a locally based consultant is available, the standard fee will be applicable for Discovery Bay and for Sai Kung District. \$250 surcharge for Sunday consultations. \$400 surcharge for Public Holidays consultations. Services purchased not transferable to another person or to another service. Packages and Classes must be booked and paid for in advance. Please note that payment for Classes is not refundable from two weeks before the Classes start; payment for Packages is not refundable once the Package has started. A minimum 24 hours' notice is required to postpone or cancel home visits.	