

M M A T E R N A L B B L I S S

Simona came to live with us for three days and three nights to sleep train my son, Archie, who is ten months old.

I was close to breaking point before Simona arrived. Archie had never learned to fall asleep on his own in his cot. I breastfed him to sleep at bedtime and then he woke every two to three hours all through the night only settling again after another feed. The milk he was drinking at night affected his appetite during the day and so the cycle continued. My attempts at controlled crying had not worked.

Before she was due to join us, Simona telephoned and took a detailed history of Archie's sleep and feeding patterns. She was confident that Archie would be sorted out and I started to feel that an end was in sight. I was ready to stop breastfeeding since this seemed an integral part of the sleep problem. Simona did not advise me what to do regarding feeding Archie; she was prepared to take him on either way.

Simona arrived in the afternoon so she spent some time with Archie before the bedtime routine began. He took to her immediately as did my other three children. Simona is warm and smart and enthusiastic and they all wanted to be with her.

After only three nights with Simona, Archie is enjoying uninterrupted twelve hour sleeps. I am delighted and relieved to have a rested, happy baby and overjoyed to be getting decent sleeps myself. Anyone who has been sleep-deprived for a period of time knows how destructive it can be. By solving this problem, Simona has changed our lives (in the least trite sense).

Simona is professional and pragmatic. She is also great company, having a good sense of humor. She relates easily and positively with babies and children and they love her. As well as dealing with Archie at night, she couldn't have done more to help out during the day, not just with Archie but with the other children too. It was a pleasure to have Simona to stay and although she was here for only three days, we really missed her when she left.

She is a wealth of information and advice regarding babies and young children.

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