

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

Simona came to help us with sleep training and establishing a routine for our baby boy

Dylan was breast fed on and co-sleeping with us from when he was born until 10 weeks old when Simona arrived to us. Consequently, he had no idea of how to get himself to sleep, had no routine whatsoever and was feeding with the frequency of a newborn. This meant that we had practically no time to ourselves and were constantly tired. As new parents, it was a very confusing and frustrating time. We knew that things could be a lot better and that all three of us could be happier but had no idea how to go about putting a routine into place.

Simona helped us make some immediate changes so that from day 2 with us, Dylan was in his own room and sleeping for longer at night. We stretched his feed times to every four hours, and she got him to take to a bottle after only a couple of attempts!

Simona's confidence, professionalism and kind approach meant that from day 1 we felt that we could trust her completely with Dylan. We all felt in safe hands, Dylan quickly became very fond of her and she is great company. I really looked forward to her arrival every day! She has helped us to become much more confident as parents and in anticipating Dylan's needs. He is a 100% happier baby and now has regular daytime naps and sleeps through the night, which meant that Dermot and I got our evenings and each other back!

I have no hesitation in strongly recommending Simona if your baby has sleep or feeding problems. We are looking forward to having Simona back with us when weaning begins.

HELEN J.
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