

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

Simona worked with us as a maternity nurse/consultant for a week

She is much more than a maternity nurse, she immediately spotted some areas that we needed to change in Samuel's day routine. We thought that he didn't want to sleep very much during the day, that he was a very active baby, but Simona guided us to understand that he needed to be helped to sleep at regular intervals, and that this would have a big impact on his feeding patterns and night routine [we were trying to drop the early hours feed]

Simona helped us to work out a routine for Samuel, and helped me to implement this by instituting controlled crying techniques to get him into the habit of these sleeps in the day, and to help him to put himself to sleep, instead of relying on being cuddled and held into his sleeps.

The results that Simona achieved in a week were very impressive. He now goes to sleep easily and takes his sleeps during the day, he is also taking more feed and is generally a much more relaxed and contented baby. She is a very knowledgeable and focused professional, and I have no doubts that no problem would be too big for her to overcome, and she achieves these results in quite short time frames.

Personally, I found Simona to be highly professional, reliable, trustworthy and very easy to have around our home. She has a real gift with babies, Samuel took to her very quickly and I felt very comfortable leaving him in her care. I recommend Simona highly, and as we have had experience of 3 maternity nurses, we consider her to be the 'Rolls Royce'.

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