

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

Simona came to us when our little boy Max was 11 months old. Max was a wonderful little boy during the day but at night his sleeping was very disturbed. On a good night we would have to pop in 3 or 4 times to re-settle him and on a bad night we could be up for several hours either nursing him back to sleep or just being with him in his nursery. Whilst things had improved marginally before Simona came they were still not great. We had forgotten what an unbroken night looked like, were always up between 6 and 6:30am and were both completely knackered not to mention our 4 year old whose sleep was also being disturbed.

We booked Simona for 5 nights on her advice but she told us 3 would normally do it. We were very sceptical about whether Max could be sorted in 3 nights after months of trying various things but were desperate.

Simona arrived late afternoon on the first day to observe Max's bedtime routine. She bonded well with him from the start and took over when it was time for bed. Max's situation was nothing new to Simona and her knowledge and confidence were very comforting. Looking back it all seems so simple now but having someone come in, take over, assure you that these are the right things to do and then get on with it, allowing you to get some much needed sleep, was amazing. By the third night Max was sleeping 12 hours. He may wake during that time but would resettle himself after no more than a couple of minutes. Writing this reference several weeks later, Max is still sleeping through. Last night he went from 7:15 pm to 7:45am. You don't realise what an effect lack of sleep is having on you until you get it back for a few nights.

Getting Simona in was money incredibly well spent and I wouldn't hesitate to recommend her. You must be prepared to take a step back for a few nights, trust her and let her get on with it.

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