

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

Simona Arneodo came to help me with my 14-week-old son Reuben. He was waking up three times in the night and refusing any kind of bottle, so I had no idea how to proceed. I had not slept for longer than 3 hours in 3 months and was definitely beginning to crack.

She came on a Tuesday as a consultant and got him taking the bottle straight away. She gave me the confidence to put him in his own room at night and teach him to fall asleep on his own and literally within 48 hours he was sleeping through the night, something he had never done

. She stayed for a total of 3 nights by which time I was confident to take over myself.

4 weeks later, and he is still sleeping through the night. She has given me a schedule to work to which is flexible enough that I can follow without feeling constricted.

Simona has been a Godsend, she is great to have around and extremely knowledgeable. I would not hesitate to recommend her to anyone parent in need of guidance or with a baby with sleeping issues.

KATRINA A.B.
London N4