

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

We booked Simona to help us with our son, Carter's, sleeping problems. At 5 months old, waking 8 times a night! He also only slept for 10 or 20 minutes at a time during the day. We had no idea what to do and were at our wits end!

We had never had anyone help us with looking after Carter until Simona came into our home so we were slightly worried as to how he (and we) would take to her, but she immediately fitted in. She's incredibly easy to get on with, very open, laid back and very easy to talk to. She felt like a long lost friend!

She asked lots of questions about Carter initially and spent some time observing him – she then made it very clear what routine she thought we needed and outlined how she was going to approach the situation, which included removing his dummy which he had become totally dependent on!

She was very honest with me and warned me after the first day that Carter was one of her most "difficult cases" and that I'd need to stick with things for a while to get to the perfect state. She was right, but Carter slept through the night (for 12 hours) after 2 nights and has slept through ever since!

His daytime naps were more inconsistent, he immediately slept for longer than 20 mins but sometimes only for 45 mins. However, after a few weeks he consistently slept for an hour in the morning and 2 hours in the afternoon every day! His personality changed completely and he's now a very happy little boy with lots of energy and laughs all day long.

It was a tough 3 days, very emotionally draining, but I'm so pleased we did it. Carter is happy and we have our life back, we have evenings to relax whilst our baby is fast asleep!

I can't recommend Simona highly enough – she's lovely, and she knows what she is doing. She supported us after she left and was always on the end of the phone or email to offer advice when we need it!