

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

Simona worked with us for two weeks as a maternity consultant.

We have a 6-month-old baby girl, Ellie, who woke several times each night and never slept longer than 45 minutes in one session during the day. Ellie also refused to take a bottle and was only eating two small meals each day. By the time we contacted the agency we were absolutely exhausted and very low emotionally.

From the moment Simona walked into our home we knew we would get on and after just one day Ellie adored her.

Simona observed for the first day and effected a series of gentle common sense changes, which helped settle Ellie into a better bedtime routine.

After a few days Ellie will now settle easily in her cot on her own without a dummy, is eating three meals a day, drinking from a bottle, settling into a better daytime sleep and best of all sleeping through the night.

We feel like we've got our lives back and can start to truly enjoy our daughter again. We only wish we had decided to get some help earlier.

In this regard we would highly recommend Simona, especially to parents who are experiencing sleep problems with their baby.

LISA N.
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