

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

I employed Simona as a Maternity consultant for two weeks. I chose Simona due to her extensive experience as an expert in the world of babies, particularly in putting babies into a routine from early on.

Our baby Anya was just over two weeks old when Simona arrived and had unfortunately continued to lose weight since a week after her birth. This was of particular concern since she was quite small to begin with, weighing 2.4kg at birth. Simona was able to quickly identify that Anya was not feeding effectively from me and losing weight and immediately suggested we supplement her with formula while carrying on with breast feeding. This was extremely effective, resulting in a steady and continued weight gain for Anya during and after Simona's employment.

Simona also effectively implemented a daily routine for Anya which she put into place immediately on arrival. Once we had rectified the feeding problems Anya was having, she was able to fall into the routine very quickly. This resulted in my husband and I having entire evenings to ourselves from the first day Simona started with us. It also gave me a more defined structure for my day, since I knew when Anya would be awake/need feeding/have nap-time etc. Anya is now 6 weeks old, the routine is still in place and working very well, with Anya feeding at 11pm, before going back to sleep again until between 7-8am in the morning when the day starts again.

Simona was also very good at recommending products for us to buy that would be useful for Anya

I found Simona's help to be invaluable and she has helped us to put Anya into a good routine from the outset which was very important to us. Her advice and support are still ongoing and she maintains regular contact to check on how we are doing and if there are any problems. Simona was also very easy to have around - she is bubbly, personable and good company and full of good advice!

I would not hesitate to recommend Simona as a maternity consultant to all mums-to-be.

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