

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

I have a 12 week old baby boy whom I had tried for several weeks to get into a proper routine.

The nights were getting better but at 14 lbs he had occasionally slept through the night proving he could do it but he still woke at 4 AM almost every night for a feed having taken full dream feed at 11pm. The days were disastrous as he would only every nap for 30 minutes but always woke tired and grumpy and then would barely stay awake more than an hour or an hour and 30 minutes maximum. As the day wore on he got more and more tired and was then so over tired that bedtime was a nightmare.

Simona came and met us and suggested that it would be relatively simple to establish the routine we knew he was capable of and also to get him to sleep through the night. She immediately suggested we change from 3 hourly feeds to 4 and not to cluster feed in the evening so he took more at 7pm.

After 3 days with us he was sleeping through to 8am and having a very small dream feed at 11pm. He was also on a proper daytime routine which is also quite flexible.

My little boy is much happier as am I as we now all know when sleep times are, feed times are and that we can get through the night.

I would not hesitate to recommend Simona to any parent looking for a sleep practitioner for their baby

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