

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

We contacted Simona as our 3 month old, Milo did not know how to go to sleep by himself, especially for nap times. He was becoming increasingly overtired and inconsolable and so was I. In the early weeks he slept so easily in the pram or after feeding, but as he gradually became more wakeful it was becoming near impossible to get him to sleep in the day, despite having tried to follow a routine. None of the earlier 'tricks' were working, and I knew we had to do some sleep training, which would involve controlled crying, which I couldn't face on my own. I felt I needed the assurance that it would definitely work, plus the confidence that I was following the best routine and doing it properly.

Simona was brilliant - within two days Milo was sleeping for all his naps without much fuss at all. She gave me absolute confidence and was full of endless helpful advice and tips. It was instantly life changing for Milo and me - he was a much happier baby, having twice as much sleep in the day as he was before, and I was able to get things done and have a break. The added bonus was that he also started sleeping right through the night at the same time, which I am sure had a lot to do with the Simona's routine and feeding tips. I couldn't recommend her highly enough

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