

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

Our almost 9 month old son, Jack, had been night waking every 45 minutes from the age of 3 months, only settling with a sip of milk throughout the night. His eating was terrible and he would only tolerate tiny portions of very puréed food and hadn't seemed to grasp the connection between hunger and eating food to satisfy this.

Simona came into our lives on a Saturday and observed for the first 24 hours. As usual Jack woke every 45 minutes throughout the night. Simona took over on the Sunday afternoon and started to work on increasing his interest in food and the amount of his food intake, together with forming a structure around his day.

On the Sunday night, Simona taught Jack to self settle and by Tuesday he achieved his first ever 12.5 hour sleep stretch. He continued to do this throughout the week. Simona was here with us and he is still sleeping like an absolute champion now that Simona has left us.

I cannot even put into words how life changing Simona has been for us and how happy our son is now too, gaining weight and sleeping properly. Simona is a wonderful person, extremely professional, with a great sense of humour, confident that she will achieve the results she inevitably does - and she does so in a warm and very loving way. I hope we stay in touch for many years to come.

Sophie Ross  
Jersey