

# Case

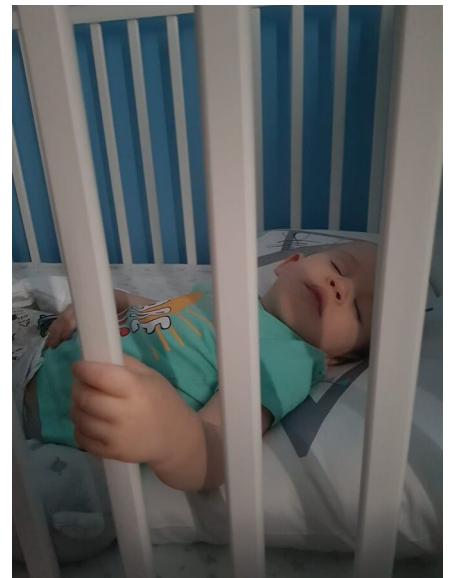


# Study

## “My baby wouldn't sleep without me”

My son Alfie is 14 months old. He's never been great at sleeping for long periods / self settling etc and we are still currently breastfeeding. I had met Chris through her little petals development courses and we covered a sleep session when Alfie was around 4 months old. He didn't nap very well either and was a very overtired and grumpy boy!

Anyway after this session and using Chris' advice after a few weeks Alfie started to nap well in the days and we got into a good routine. However, we couldn't really grasp the night times and still woke every 2 hours for a feed. I know this was down to comfort but I thought whilst I was still breastfeeding I would continue to feed him when he woke and as I was returning to work I did what I could to survive.



Fast forward quite a few months. A lot of illnesses / teething etc had resulted in Alfie's sleep getting a lot worse. To the point where we were bed sharing so that I could get some sleep and after a recent bout of chicken pox he would no longer settle in his room and would sleep for 30 minutes at a time if I was lucky!!

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## “My baby wouldn't sleep without me”

His separation anxiety seemed to be quite bad! I contacted Chris about 6 weeks ago. In real need of some help. Alfie wouldn't self settle and would still be rocked or boobed to sleep. I was so exhausted and my hubby sleeping on the sofa for months.

Now, after following Chris' advice, knowing that it wasn't going to be a quick solution but concentrating on Alfie's separation anxiety and helping him settle in his room we have gone from not sleeping in his room, and sleeping maybe 30 minutes a time to FINALLY sleeping in his room, on his own, settling himself and sleeping all through the night!!!!

It hasn't been a one off either he has now done it a few times and I have actually slept in my own bed with no toddler attached to my nipple!!! I have found myself a wake through the night just checking on him. We still have some work to do as he's waking at 4am but this is MASSIVE PROGRESS to what was happening 6 weeks ago!

Thank you Chris for helping me, for listening, for being a friend and checking that I am ok at the end of it!!! You really are amazing!!!”

