

# Case



# Study

## “I Wanted My Bed Back”

My daughter Millie is 4 years old, and I wasn't sure if Chris only worked with babies. I dropped her an email because I was absolutely exhausted and I was missing my husband.

I was sharing my bed with my daughter every night, my husband was in the spare room and whilst it worked in the early days, mainly for survival I had reached a point where I wanted my husband back in our bed and I wanted Millie to be in her room all night. I felt like I had tried EVERYTHING! Nothing worked and all that happened was I was left an emotional wreck, feeling riddled with guilt when Millie got upset.

Chris got back to me really quickly and we booked in a phone consultation. I was nervous about speaking to Chris, I thought she would tell me everything I had done wrong. Turns out I was wrong, about my expectations of Chris. She instantly put me at ease and as we talked about everything and I admit I cried.

The phone call should have been around 45 mins - 1 hour but we spoke for nearly 2 hours. I offloaded ALOT and Chris listened and as we talked she made me understand my reasons for the feelings I had. Without any sleep work even starting I already felt better, I wasn't blaming myself for everything and I could see there was hope of getting sleep. I felt relieved that I wasn't going to be leaving Millie crying but that we had a gentle plan that would encourage Millie to want to be in her room. Chris made a plan for us, using a sleepy cushion (which Millie loved), a reward chart and a positive parenting approach.



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I started that very night and within one week Millie was in her room, ALL NIGHT!! I was amazed, I never expected it to happen so quickly. I had tried rewards and things before but I hadn't been using them effectively. Of course, Millie tried to come in to my bed on a couple of occasions but I had the strategies and confidence to not give in and got her back in her own bed. The sleep diary really helped me to see what was happening and although I had written things down when she was little, I hadn't thought of doing it again when she was big.

We are a much happier family now, I have reconnected with my husband, Millie is excited about going to bed, and even uses the sleep cushion when playing with her dolls. Contacting the Little Cherry Tree was the best decision I made. In the last few weeks I have found out I am pregnant and I will absolutely be attending one of the Antenatal sleep workshops!!

