

Case Study

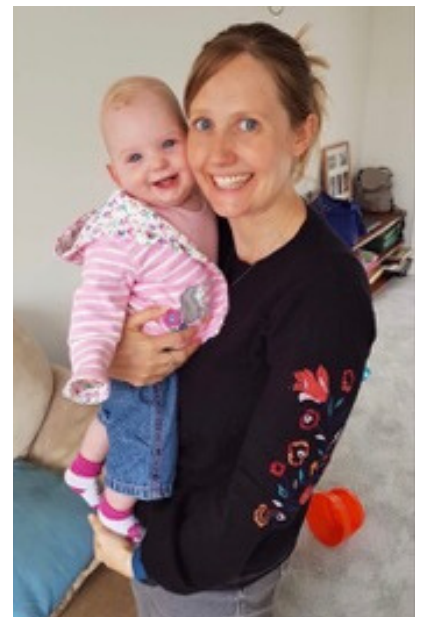


“She always slept well and then everything changed”

My daughter Sophie is nearly 10 months old, but I contacted Chris for support regarding her sleep when she was 6 months. Sophie wasn't a bad sleeper as a newborn. We had a lot of issues feeding, so I breastfed during the day and expressed at night when Sophie had bottles, but by around 10 weeks, she was in quite a good routine and woke just a couple of times during the night for her feeds, which dropped to just once when she was about 20 weeks.

Things took a dramatic shift, however, when Sophie was 5.5 months old, as we tried to change the 4am feed to an 11pm dream-feed and this caused everything to go out of sync. The naps went out the window, Sophie was waking at all hours and I wasn't sure what to do to fix it, so I contacted Chris, which turned out to be such a fantastic decision.

The first thing Chris did, was establish what we were aiming for, looked at our bedtime routine and gave us the advice we needed to focus on the naps, which in turn would make the night times better. Almost immediately, Sophie's sleep improved. With the right nap gaps, a bedtime routine that worked and meal times that fitted in around baby groups and sleep, life became a lot simpler. Chris even supported us with the transition of Sophie into her own room and cot, which was a breeze.



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Sadly though, the simple life was short lived. As soon as everything was sorted and Sophie had been sleeping through the night for a few weeks, things changed again (babies seem to do that for some reason). Sophie decided she didn't want to have her late afternoon nap anymore and so things had to be looked at again. Fortunately, Chris was there to support us through the process and made a very challenging situation much easier. During that time, I contacted Chris a lot, but not once did she complain and instead was a huge support, responding so quickly to all messages and giving fantastic advice, so we knew what to do. After a week of tricky nights, things settled down again and Sophie started to sleep through once more.

I cannot thank Chris enough for the support she has given us, not only with sleeping, but with weaning and health related matters too. Having a baby isn't easy and they certainly don't come with a manual, but Sophie's sleep is far better now than it was and I have Chris to thank for that. Of course we still have some tricky nights due to teething, illness or naps just not going to plan; however, I feel more comfortable now in making the right decisions to rectify a bad spell and that is because of Chris' support.

Thank you Chris for everything! You helped us so much and I will always be eternally grateful.