

Case



Study

"Multiple wakings in the night"

My second daughter, Freya, has never been a fantastic sleeper. She would cluster feed a lot in the early days and so co-sleeping was something I did to survive the night and get a few hours kip.

Fast forward to when she's eight months old and although we had naps working well, the night time was a disaster and it was getting to the point that I actually dreaded going to bed.



She would wake every 1.5-2 hours and I would usually feed to sleep, or she would just be up having a little party for a couple of hours. I never knew how awful sleep deprivation was until I got to breaking point and knew something had to change.

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Luckily, I had been following Chris' page for some time anyway so I reached out and joined a group course. As soon as the group course started I knew the plan of action and the step by step process. It was nice being a part of a journey with other parents too. Chris' knowledge, confidence and support was all I needed and I know I would not have been so consistent without her. Within around four days, I was seeing a positive change which just inspired me to carry on. I have now currently left hourly nursing behind and now nurse once or twice a night. No more midnight parties. I also have a happier and easier baby in the day. It wasn't easy and some of the changes were hard, but they were needed and it's only been positive since. You cannot put a price on sleep. My only regret is I did not book sooner. As a mum we want to do and know it all; it's not a failure to ask for help. The support Chris gives, goes above and beyond. She encourages, she is positive, she is constructive and always on hand. Had it not been for Chris I dread to think the state I would currently be in!