



Testimonial

Jessie Kazak

Cambridge

When I first spoke to Isabelle, my **3-year-old** was in our bed and couldn't sleep without being cuddled throughout the night, waking every 3 hours asking for more cuddles. I was expecting a strict rulebook and some painful tears but what I got instead was a deep dive in to my own childhood, a compassionate exploration of my parenting style and a soft light shone on areas to address. Through making small changes during the day, **my son actually chose to go to bed in his own room with no suggestion from me!** In the morning he was most concerned about making sure Isabelle knew he'd slept in his own bed. There was no secret formula- instead just huge realisations around my leadership and responsibility and it is no overestimation to say that Isabelle transformed not only our night time but me as a mother. I cannot recommend Isabelle highly enough for every mother, at every stage. She's the non-judgemental guidance that we all need and I will be requesting her advice in the future I am certain.

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