



Testimonial

Jonathan Hickford

Web development team manager

Our three kids (aged 2, 3 and 4) had been sleeping badly for months, as had we. It was a 2 hour fight every evening for us to get them into bed; often having to stay with one of them until they were asleep, or retrieve whoever who had got up again and run out into the garden. They were waking up multiple times each night, on a few occasions 10 times a night. We were exhausted and struggling to get anything done, and the kids were shattered. Following Isabelle's plan and routine one of us can get all of them into bed with minimal fuss and they're usually asleep within 15 minutes. We're only having occasional wake ups at night. The kids are much happier during the day, and we're having more fun together. We have our evenings back, and feel more able to cope with both working full time and spending time with the kids. We'd recommend Isabelle to anyone struggling with bedtime or in the night. Isabelle was non-judgemental, came up with a plan that would work for us and our situation, and helped us put it into practise. Regards, Jon and Liz

Isabelle Edmondson

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