



Testimonial

Natalie Owen

Reiki Therapist, Bedford

Our **2 years old** Maddie was breast feeding all the time, night and day. Our biggest problem was her very late bed time (past midnight) and co-sleeping was the only way she would sleep.

It was making my and my husband's lives a misery. My husband was then coming to bed after 1 in the morning and it was making his day at work very difficult. I was feeling very out of control. Isabelle helped us realise that we needed to change our parenting approach, to help Maddie develop new coping mechanisms (not just constantly breast feeding) and set a new body clock. She gave me a very clear plan of actions to implement when Maddie was awake to help her not rely on me helping her all the time, and some specific timings for her naps. Practically it was very easy. Emotionally, I struggled over the first few days because it was a huge step for me, but it only took a few days and with Isabelle's help and support, within a few days, we were there! **Then everything started to fall into place because Maddie no longer relied on me constantly to feel better.** I felt far more relaxed, and so much more confident with my parenting. My friends and family noticed a huge difference in myself and in Maddie, and everyone comments all the time on what a joy Maddie is to be around. Now she sleeps for 11h in her own bedroom and I couldn't be prouder. I would recommend Isabelle to everyone who struggles with parenting issues.

Isabelle Edmondson

Tel: **+44 7888 204 374** Email: isabelle@goodsleepers.co.uk

Registered address: 20 Mill Road, Impington CB24 9PE.

Registered in England: 85763 73521