



Testimonial

Natasha Summerfield

Vet Nurse,

I'm so pleased we reached out and sought help from Isabelle. Our little girl, (who was five months old at the time) was struggling with her naps, and this was leading to frustration from both sides. Isabelle helped us work through and figure out a nap schedule that was based on our baby's rhythm and bit by bit step by step figure out a way to go from baby carrying/walk/swaying with our baby to independent sleeping. It wasn't an overnight quick fix, we worked together with my daughter to ease her through the transition.

What surprised me, though was all I learnt along the way, Isabelle is an excellent guide and teacher and allowed me the permission to give my child more space to figure things out for herself. Through this process, I believe I've become a more confident and calm parent, not only in regards to sleeping but in all other areas.

I'm so grateful to Isabelle and would recommend her to everyone and anyone! Sleep problem or not!

Isabelle Edmondson

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