



Testimonial

Dr Conor Farrington

Lecturer, Cambridge UK

We were up sometimes seven to eight times a night. Our 10 months old daughter, who woke up repeatedly, required a great deal of walking up and down to get back to sleep.

By the time we finished our three sessions with Isabelle, our daughter was sleeping twelve hours a night without waking up once. Isabelle's techniques, suggestions and explanations were immensely helpful in terms of working out what we needed to do to get our daughter to sleep more quickly and sustainably. She was also very helpful in thinking about daily routines and how to manage naps and self-feeding effectively. All in all, I would strongly recommend Isabelle's highly personalised and friendly approach to anyone who wants to help their children to get a good night's sleep.

Isabelle Edmondson

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