



07391 501589

Vicky is unbelievably knowledgeable and helpful. She was kind and considerate of what we have tried over the years and gave us proactive tips to help settle our 3 year old at night. His bedtime routine has dramatically improved and he's gone from waking four times a night to waking once or not at all. Vicky has been fantastic and we can't thank her enough!



Lauren xx

Brodie

Vicky has been wonderful at sorting out our 5yo sleep problems- within the first few nights we had already seen a result and now three weeks in I can't believe what a difference she has made! Vicky spent the time in our consultation to listen to a very tired and emotional mummy (me) and clocked the issues we were having super quickly and then explained them without it being 'judgemental' at all. I'm a nursery nurse with years of experience and Vicky helped me understand anyone could have had the same issue, no matter what the profession! She then set us some very clear 'sleep manners' which we implemented the following night and they worked!!!

None of the rules were anything I hadn't tried before, but Vicky set them out clearly and explained why and how to do each one consistently and like I've said, bedtime is now so much easier. our daughter used to take 2-3 hours to fall asleep, saying 'I don't know how to sleep' and now we follow our routine, leave her to it and she's asleep within minutes! I would not hesitate to recommend Vicky to anyone having difficulty with their children's sleep, she's made our whole household a better place to be!



Rachel Everett

(Topping)

Rosie



07391 501589



Evan

My baby was 7/8months old when I started working with vicky. I felt she was knowledgeable, attentive, with good listening skills. Vicky communicated well and I had a clear understanding of the plan by the end of the consultation. I was comfortable with the plan and took part in the follow up calls and felt supported by Vicky throughout. Vicky was brilliant throughout the whole process!

Sarah and Evan



Kasper

Vicky has been so helpful in guiding better sleeping habits for our son Kasper. We first spoke during a difficult period around his 4 month development phase. Vicky was attentive, encouraging and really gave us the confidence to trust our gut as Kasper started to sleep longer hours. We went from having a baby that was inclined to wake very regularly during the night and preferred napping on the go, to one that now will sleep 5-8 hour stints and is able to nap in his own bed at home successfully. During the process, she gave us practical next steps as well as helpful information to give context to some of his behaviour. Her background in nursing and healthcare meant she could advise beyond his sleep patterns too - which was a godsend, especially as access to and advice from our own health visitor has been disappointing. We've had difficulties with reflux and his digestion in general, so she took this all into account when advising how to shape his schedule. We were very appreciative of the support and would recommend her to anyone in a similar boat to us! Thank you Vicky!



07391 501589



Alex

I would like to thank you again for all the time you have dedicated to me and Alex. When we first spoke about 2 months ago, I felt quite helpless and really exhausted as Alex kept waking up several times at night and we were still co sleeping. Since then, Alex started to sleep in his own cot and he definitely sleeps much better now. You gave me so much valuable advice and great tips on how to settle him to sleep. I was quite sceptical at first but you proved me wrong. He can now fall asleep in his own cot without me holding his hand. I learned so much about his little behaviours and how to handle them.
Mirka and Alex (Alex aged 1year)

Sleep consultant review

Before speaking to Vicky, our 6yr old son wasn't sleeping through the night. He always insisted on having lights on and would frequently wake up asking to come into our bed or call us into his room for various reasons throughout the night. We were all exhausted and very much needed things to change! After our first consultation with Vicky we had plenty of small changes to make and subtle measures to put to work to encourage and help him sleep better. He improved quickly, waking fewer times in the night almost immediately and after a few weeks with Vicky's continued support and encouragement, he started to sleep through the night from start to finish! We're so relieved and extremely happy and grateful to Vicky for the help and support she gave; from the initial consultation call to the weekly calls to discuss and assess the situation, everything was great, very well considered and not over complicated! Thank you!

Andrew, Georgia and Lucas x



07391 501589