

Janelle's story

Janelle's son Henry, 4, experienced sleeping problems from a young age that were never resolved. Despite seeking help through child and family residential support, the problems had persisted and with both parents working, it was just easier to take Henry into the parental bed so that everyone could get some sleep.

“Henry's issue was that he couldn't self sooth but I think that by the time Leonie came to visit us he was ready for change and she very much acted as a catalyst for that,” Janelle said.

“The big difference for me between residential stays and having someone come to your home is that they can observe the family dynamics. She could see the ways that I was interacting with Henry from feeding through behaviour and sleep issues so she had an holistic approach.”

Within two nights of her visit Henry was sleeping in his own bed again. Janelle also utilised Leonie's skills to address overnight waking and feeding issues in her younger son Joseph. “He had been waking up twice in the night for a feed but from the first night following Leonie's visit I no longer had to feed him.”

Janelle admitted she was sceptical about anyone being able to address the problems she had in the two and a half hour time frame offered in the package. “What made the problems easier to address, was that Leonie was able to observe us as a family in our own environment.

“Leonie's had 14 years experience and she picked up on the issues very quickly. From my point of view the service is value for money because of the convenience of someone coming to your home.

“In this life we're pretty used to paying for an expert when we need one – a plumber or an electrician. Everyone has sleep problems at some time and I didn't really hesitate about getting some expert help. I was also more confident about Leonie because of the service's association with Tweddle.

“It is quite amazing not having Henry in our bed anymore. I just feel more in control of the situation,” she said.

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