

February 4, 2019

To Whom it May Concern:

My husband and I were wanting to start sleep training our son, John Michael, when he was about 6 weeks old. We knew we wanted to create good sleep habits for him but we honestly didn't have the slightest idea how and we need we wanted to try the no tears method. We tried for about a week ourselves but felt completely lost and the books we read weren't really helping because our situation wasn't exactly the same. Luckily, we found a Newborn Care Specialist (NCS) named Nanny Marly who specializes in being a night NCS on Facebook . We also noticed that Nanny Marly offered overnight sleep conditioning so we contacted Nanny Marly and scheduled a consultation. Within 24 hours, Nanny Marly arrived at our house (on a Sunday morning) for a consultation. She explained how to identify the sleep cues and that if you catch the early cues, your child will go down for naps much easier. John Michael was exhibiting the cues so we went in his room, swaddled him, and put him down awake. He laid there awake and not crying for a bit but then put himself to sleep with no help at all. We were astounded! Following the consultation, Nanny Marly provided a Baby Checklist with a wealth of information and a summary of all the items we discussed during the consultation. We implemented her techniques over the next few weeks and it was such a relief to know what I needed to do and that she was always available if I had any questions! Trust me, I texted, emailed and called with all my questions after the initial consultation and she answered quickly at any and all hours of the day and night.

After the consultation and the wealth of guidance Nanny Marly provided, we decided that we wanted to have Nanny Marly as a NCS when I had to go back to work to help us get him sleeping through the night! Honestly, right now, Sunday nights are my favorite because I know I will be able to get a full night's rest and my son is going to be very well taken care of! Nanny Marly shows extraordinary gentility, and provides tender care for her little charges. As new parents, we were so thankful for the guidance that she offered and the peace of mind her presence provided. Words cannot describe the warmth, patience, and overall calming presence Nanny Marly brought into our home and our son's life. We are truly blessed to have found Nanny Marly. We look forward to working with Nanny Marly when our second child arrives, and we strongly and without reservation recommend Nanny Marly.

Rachel T.