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Karitane testimonial: Liverpool Family Care Cottage

**Rebecca Riggs, actor/teacher and mother to six-month-old Dante Riggs-Price
Chipping Norton, NSW**

Rebecca sought help from Karitane after experiencing sleeping difficulties with baby son Dante. Dante was screaming for a couple of hours every night causing Rebecca and partner Matthew deep distress. Combined with breast feeding every three hours Rebecca was tired and tense due to the ongoing stress.

Rebecca attended Karitane's 'sleeping and settling' group at Liverpool Care Cottage when Dante was one-month-old. She learnt a few simple settling techniques such as the Karitane wrap and how to identify the signs that Dante was tired. She also received the support that helped restore her confidence as a mum.

Being new to the area, Rebecca joined Karitane's five-week Woman and Mothers (WAM) group for additional support and meets regularly with her new friends. Rebecca also returned to Karitane for an individual consultation to re-affirm the settling techniques.

"I never thought I would need a service like Karitane. I read every book, leaflet and article on childcare that I could get my hands on and yet they could not prepare me for the reality of being a new mother," Rebecca said.

"They often gave sensible advice but they could not be specific enough, nor could they support me emotionally in the times when I felt that I'd undertaken the most important task of my life and I was getting it all wrong!

"Karitane provided expertise with a human face. Karitane listened and the answers were therefore specific to my child and my situation.

"Karitane offered help without judgement. Karitane put me in touch with other mothers in my area and in sharing we learnt from each others experiences and perceptions, and created an ongoing support system.

"Karitane bridges the gaps and links us to expertise, to support systems and to other new mothers in our community.

"Thank you to the volunteers and professionals of Karitane. You provide an incomparable and essential service and we must make sure that it continues, grows and thrives."

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