



Testimonial

Yasmina Bouchemma

Clinical psychologist

I contacted Isabelle Edmondson when my son was 22 months.

I decided to get in contact because my son was waking up two to three times a night, needing help to get back to sleep. It was exhausting. Thanks to Isabelle's listening and advice, my son finally sleeps all night. Here is how it went: First Isabelle learnt about all aspects of his life in details, because good nights' sleep take root in a good parent/child relationship, in clear boundaries, in a securing rhythm and many more aspects of parenting.... In theory, I am perfectly aware of this, but in practice, I was lost. I was lacking the key to my son's behaviour, techniques, practical ideas to implement, and this is the strength of Isabelle who has been able to transform our nights thanks to her precious advice and encouragements. The challenge carried an extra difficulty in the fact that we live (in Beirut), in an oriental society where many protagonists play an important role in the life of a child. This setting is different from the typical ones of western societies. Isabelle managed to work with this added difficulty which really isn't simple at all. I advise parents who are at a loss with regards to their children's sleep to get help from Isabelle as the sleep of a child benefits the entire family.

Isabelle Edmondson

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