



A KID'S GUIDE TO RELAXATION & SLEEP

Noel Anderson



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A Kid's Guide to Relaxation & Sleep (Learn Through Music Series) (Volume 1)



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Sleep tight, little ones! This book has beautiful and gentle illustrations that help children visualize the sleep strategies laid out in the book. My initial thought when I go through "A Kid's Guideline to Relaxation & The author is certainly a music therapist and she has used her knowledge to compose this sleep-saving book, with accompanying song. Fantastic! Child bought for isn't old enough because of this yet Ok Great present! This is actually the perfect bedtime story for children who need help calming their bodies and minds to prepare for a restful and energizing sleep. This book is good for adults too!....! This Grandmom provides it a A+++ I've bought this reserve for something special for a friend when their child was having a issue getting to sleep. They loved it therefore much I purchased it for 3 baby showers for fresh parents therefore they could get into a routine "before" their baby has any complications sleeping! Sleep" .!



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