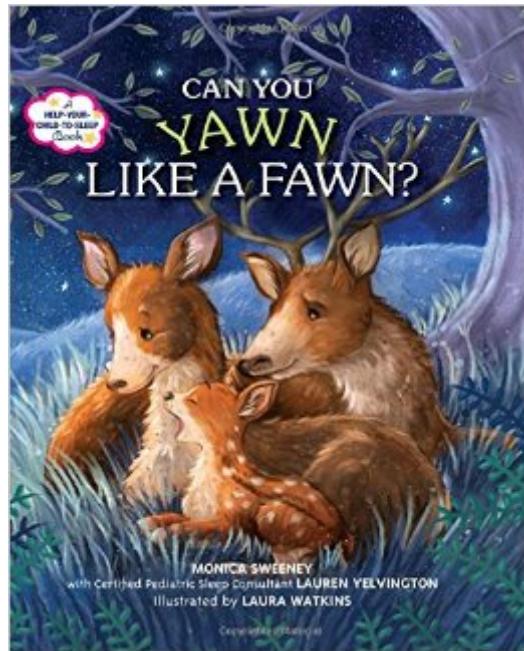


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# Can You Yawn Like A Fawn?: A Help Your Child To Sleep Book



## **Synopsis**

This is not just another bedtime book. Help your child to sleep with expert techniques! When getting your child to sleep can be a nightly challenge, *Can You Yawn Like a Fawn?* uses clinical sleep strategies for a calming, restful reading experience to tell a story of sleepy animals getting tucked in at night. Follow the recommended bedtime routine from Certified Sleep Consultant Lauren Yelvington, cuddle up with your child, and read the soporific language with a soothing tone to ease your child into slumber. With each dreamy illustration of yawning baby animals, your child will be prompted to yawn along with them. This suggestive, tranquil repetition will have your child sleepy and snug as the story comes to an end. From yawning like a fluffy lamb to getting snuggly like a kangaroo, bedtime reading will be a loving, relaxing way for your little one to settle into dreamland.

## **Book Information**

Hardcover: 32 pages

Publisher: Castle Point Books (February 2, 2016)

Language: English

ISBN-10: 1250104165

ISBN-13: 978-1250104168

Product Dimensions: 8.3 x 0.4 x 10.2 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars See all reviews (7 customer reviews)

Best Sellers Rank: #107,539 in Books (See Top 100 in Books) #81 in Books > Children's Books > Animals > Baby Animals #483 in Books > Children's Books > Growing Up & Facts of Life > Family Life > Sleep

Age Range: 3 - 6 years

Grade Level: Preschool - 1

## **Customer Reviews**

I bought this book for my granddaughter, age 2 1/2, and it was an instant hit - read at both naptime and bedtime. She did not have a problem going to bed, I just enjoyed the book when I saw it. What I love about *Can You Yawn Like A Fawn*: pictures outweigh text; text is clearly related to the pictures and kept simple; pictures are also simple and clear, but also attractive and sweet; the child (and reader!) are led through a series of yawns that subtly get deeper; relaxing body movements are mentioned that the child can mimic; and the format is consistent through the last page - nothing to shift the child away from slipping into bed. We read 2 stories at nap and bed time, this being the

second. It also facilitates tender moments between the child and the reader, which makes it a run away hit in my mind!

**Summary:** This is a relaxing book intended to be read as a bedtime story. The structure is repetitive and we are introduced to 12 different animal pairs (adult and baby) in 12 different locations, each with their own bedtime ritual. On each page, there is the word "yawn" in italics written several times and for each, you (the reader) are supposed to stretch out the word softly (and add a really big yawn if you can!) to help calm and soothe your child. The story ends with encouraging your child to add their own yawn as they curl up and go to bed. The illustrations are cute and are soft- so they add to the overall mood of "calming bedtime"- no bright, bold colors and no sharp lines. Overall, a nice bedtime book with simple, easy to follow text. Though the repetitiveness is intentional and is meant to help lull the child to sleep (so, a plus for the child), it did get a little boring (for me, the mom) to read over and over.

All parents have been there, the kids will not go to sleep, you have tried everything and still wide awake children you have! Monica Sweeney has written a book to help you get your little ones into the bed and fast asleep in no time. I bet you can't even read the title of the book without yawning, I know I couldn't. The beautiful illustrations of the animals are very pleasing to the eye. Whether your child is a toddler, a preschooler or in elementary school they are sure to enjoy seeing the different animals in the book. They will also learn where and how the animals sleep. The wording in the book is easy to read that even the beginner reader could enjoy reading this book independently. But it is also a book that parents and children can enjoy together at bedtime. I encourage you to check this book out. You certainly will not be disappointed.

I bought this for my great-grand--daughter and it was a wonderful put to bed story.

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