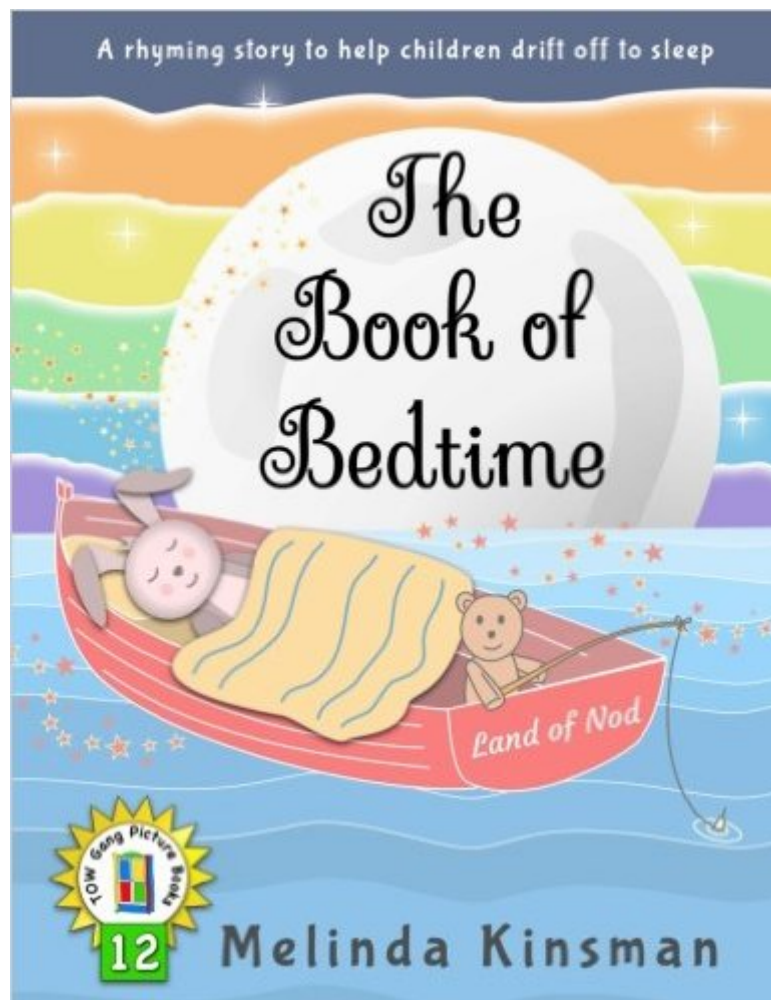


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The Book Of Bedtime: U.S. English Edition - A Read Aloud Bedtime Story Picture Book To Help Children Fall Asleep (Ages 3-6) (Top Of The Wardrobe Gang Picture Books) (Volume 12)





Synopsis

The Book of Bedtime (Children's Print Book - U.S. English Edition) We don't promise this bedtime story will send your little ones straight off to sleep, but we do hope it will help encourage them to calm down and relax at bedtime, so that drifting off becomes more of a possibility. In fact, if your young child struggles to settle at night, this book may just make the whole bedtime routine less stressful for both of you. The first half of the story talks about what leads up to Ollie, a young rabbit, being wide awake at bedtime. This is intended to allow children to start to think for themselves about what might cause them sleepless nights, and to open up future discussions with their parent or caregiver about how to set up a good bedtime routine, and what it might be helpful to do and to avoid. And the end of the story? We hope that will be all about a child who is sleeping...your child. ===== >>> Told in rhyming format, the book is intended to be read aloud by a parent or caregiver at bedtime. This will allow children to lie down comfortably while they listen to the adult's voice. Each page is carefully illustrated in calm, muted tones, so that children can enjoy looking at the pictures if they are not yet ready to close their eyes. >>> Quietening the mind, relaxing, slowing down breathing, and feeling safe and calm are all encouraged by the text in the second half of the story. Based on simplified "bodyscan meditation" techniques, soothing words are included that will encourage children to concentrate on and relax different parts of their body one at a time. Repeating the story at bedtime will help teach your child this valuable relaxation technique. >>> Teaching children simple meditation can: - Help them to sleep better - Support their emotional development - Encourage a healthy immune system - Help them to focus better on their school work - Promote creative thinking and problem-solving skills >>> Includes Extra Activities For extra fun and learning, a few simple Dreamland Puzzles are included after the story. ===== ***Get the Kindle eBook FREE on .com if you buy this print book*** SCROLL UP AND BUY A COPY TO SHARE WITH YOUR LITTLE ONE!

===== Checkout other books in this series Book 1 - Monster Mayhem Book 2 - The Night of the Magical Flight Book 3 - Pirates Don't Knit! Book 4 - Aliens Love Astronauts Book 5 - The Prince and his Dragon Book 6 - Meet the Gang! Book 7 - On the Run from Santa Book 8 - Cyril the Squirrel and the Nut Thieves Book 9 - Molly Mouse and the Bear Cub Book 10 - The Bear Cub and the Ducklings Book 11 - The Midsummer Dance Find out more about the Top of the Wardrobe Gang, and about their other books, at <http://topofthewardrobegang.weebly.com> **Please note that this print book is written in American English, but that a BRITISH ENGLISH edition will soon also be available.**

Book Information

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Average Customer Review: 4.9 out of 5 stars Â Â See all reviews Â (27 customer reviews)

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Life > Sleep

Customer Reviews

British author Melinda Kinsman both writes and illustrates her popular children's books from her home on a small peninsula called The Wirral, in North West England. Melinda has to lie down a lot each day, due to health issues, she spends most of that time using her iPad to write and illustrate her books. That most assuredly does not deter her from composing excellent books that entertain both children and the lucky adults reading to them! For those who are new to Melinda's series of books, welcome to The Top of the Wardrobe Gang - a team of cuddly toys who write the stories and ideas in this (and other) books. In this Book 12 Melinda opens with Ollie the rabbit having difficulty falling asleep. Thinking that a good tickling by his Dad would break the spell he tries that, but mom insists it is bedtime and accompanies Ollie (after his dental care) to bed for a bedtime story. But Ollie is still wide awake, tries to distract his mother with requests for a drink and to check under the bed about a noise, but mom shuts off the light and insists he sleep. Wide awake with many thoughts in his head â " lots of bizarre ideas â " Ollie shuts his eyes tightly and wants to sleep. His mom hears his moan and enters his room with a box in which she instructs Ollie to lock all his thoughts. She teaches him to relax his feet and legs and arms and neck, let yawning begin, breathe slowly and feel safe and calm. Ollie's body responds and he dreams of floating and finally rocking in a boat, drifting off to dreamland. In addition to offering this formula for sleep Melinda follows her story with a few learning games. This is another fine story and a solid recipe for bedtime ideas that will, when read aloud, likely put your children to sleepzzzzzzz. Another fine book from Melinda Kinsman. Grady Harp, August 16 This book is free from Kindle Unlimited

This is a great story to have close at hand especially if you have little ones who are trying to fall asleep. The author makes falling to sleep a special occasion and helps when kids feel afraid at night. Great bedtime story books to put sweet dreams in little ones minds as they drift off to sleep. As always, the author does an amazing job with the story and the cute illustrations.

This story is a great way to get the young ones into a comfortable sleep. The story and the pictures are very soothing and relaxing. The rhyme makes it a fun and entertaining read. I didn't realize a picture of a cute bunny yawning could make me yawn too, until now!

Author and illustrator Melinda Kinsman presents this darling story called, "The Book of Bedtime: A Read Aloud Bedtime Story Picture Book To Help Children Fall Asleep." Readers will enjoy this lovely rhyming tale with soft and glowing drawings. Ms. Kinsman has also included fun activities in the back of the book to do outside of bedtime hours. I highly recommend this book for those little ones that have trouble falling asleep. Parents and children will share a special bond as they read this story together at bedtime. (I was given a free Kindle version of this story offered by the author in exchange for an honest review.)

I think this is a great book for getting my 3 year old to learn to calm her mind and body before. I was looking for a new bedtime story but I wanted a book to help her calm down and a book that wouldn't leave 100 questions after reading it. This book is about a bunny who just can't settle down for bed. His mom tells him about a box to put all his thoughts in for the night to clear his mind. She also teaches him how to relax his body too. It is very cute book and has quickly become a regular in bedtime reading. I would recommend this book for toddlers and young kids.

...He knew she'd say no to that. Quick, Ollie, think!" Had to smile the second time thru prior to reviewing what has come to be one of my favorite children's books. Father bunny reminds me an awful lot of myself stirring up the children prior to bedtime - tho Mum bunny in her infinite wisdom knows exactly to help little Ollie drift off to Dreamland. Sweet book illustrated in a lovely, light-hearted manner that I recommend to the fullest!

Melinda Kinsman does it again with the help of her wardrobe gang, this is a must read book for parents/grandparents trying to get their little to bed when they just don't want to go. The kids will love

the beautiful illustrations and the rhyming part of the book. The parents or grandparents will love how this book that teaches the child to relax and drift off to sleep with a simple guided meditation. It's a win/win for everyone!

This is one of the MANY wonderful books by Melinda Kinsman. The "Book of Bedtime"™ is sure to turn nightly bedtime battles into a love and special end-of-day ritual. Ms Kinsman is gifted at coupling wonderful, readable verse with delightful illustration. Don't miss this "READ ALOUD"™ bedtime story picture book and don't hesitate to purchase others from her collection - so many wonderful lessons here. Highly recommend.

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