



When It s Time for Bed, I Have a Plan

By Katherine Eskovitz

Little Blueprint, LLC, United States, 2014. Paperback. Book Condition: New. Jessica Churchill (illustrator). 274 x 210 mm. Language: English . Brand New Book ***** Print on Demand *****.When It s Time for Bed, I Have a Plan is a groundbreaking children s picture book about healthy sleep habits. Getting enough sleep is critical for everyone, particularly for children whose brains are developing. Grounded in brain science, children will be entertained and empowered to L.E.A.D.: to integrate Logic and Emotions to Analyze and Decide on a bedtime plan. Learning about the science of sleep, exploring the emotions involved, analyzing suggestions on ways to relax the body and calm the mind, and developing their own bedtime plan gives children a sense of control, teaches anticipatory behavior, and boosts brainpower in the process. This practical yet fun approach, based on the neuroscience of sleep, teaches healthy sleep practices for life, making this book a must-read for children of all ages, from toddlers to teens-and it will help parents improve their sleep, too! The special audio download, Good Night, Dear Brain (yawn), Good Night is narrated by Jennifer Garner, actress, film producer, humanitarian, and mother of three. This audio recording is afirst-of-its-kind three-minute talk...



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Reviews

This book is definitely not straightforward to get started on studying but extremely exciting to read. It is really simplistic but shocks in the 50 percent of the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Ally Reichel**

This publication is amazing. It is definitely basic but shocks in the fifty percent of your publication. You wont feel monotony at anytime of your own time (that's what catalogues are for concerning if you question me).

-- **Prof. Kirk Cruickshank DDS**