



## **Rest and Relax: Sleepy Time for Little Ones**

By: Whitney Stewart- Rocio Alejandro

This book will help your child prepare for bed or naptime. They will wiggle their toes and then relax. They will bend and stretch their legs and then relax. They will take deep breaths and then relax. Every part of their body will move and then rest.

To help this book truly relax your child, you need to be familiar with it first. Read this book to yourself numerous times, almost to the point of memorizing it. When you are ready to read it to your child at naptime or bedtime, it would be helpful for you to be so familiar with the exercises that you can turn the pages while helping your child mimic the movements of the child in the book. After repeated readings, you may find your child flowing through these movements alone and putting themselves to sleep.

