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When It s Time for Bed, I Have a Plan (Paperback)

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 ...



Reviews

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AUTHORHOUSE, United States, 2006. Paperback. Book Condition: New. 274 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.THE KEY TO MY CHILDREN SERIES: EVAN S EYEBROWS SAY YES is about a three year old little boy who...

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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. Mark Smith (illustrator). 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****. A #1 Best Selling Children s Book Is Now A Coloring Book! Parents and...

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The Preschool Inclusion Toolbox: How to Build and Lead a High-Quality Program (Paperback)

Brookes Publishing Co, United States, 2015. Paperback. Book Condition: New. 274 x 213 mm. Language: English . Brand New Book. Filled with tips, tools, and strategies, this book is the comprehensive, practical toolbox preschool administrators need to implement early childhood inclusion through...



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Barron s Educational Series, United States, 2006. Paperback. Book Condition: New. Carol Koeller (illustrator). 221 x 147 mm. Language: English . Brand New Book. This is volume three, Reading Level 1, in a comprehensive program (Reading Levels 1 and 2) for beginning...

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Oxford University Press, United Kingdom, 2014. Hardback. Book Condition: New. Mr. Nick Schon (illustrator). 177 x 148 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK s best-selling home reading series. It is based on...