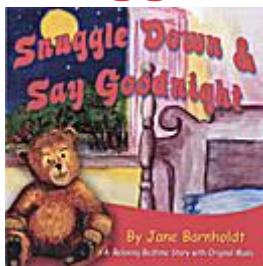


Mp3 Jane Barnholdt - Snuggle Down & Say Goodnight



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Winner, 2006 Children's Music Web Awards. Want your child to sleep happily? Calm down easily?

Relaxation instructions blend with an engaging bedtime story and original acoustic melodies to ease kids (and adults) to sleep. 5 MP3 Songs KIDS/FAMILY: Lullabies, KIDS/FAMILY: Children's Storytelling

Details: This CD can transform a bleary-eyed parents life! The words of the story create positive thoughts and feelings about sleep and teach kids to calm themselves and to develop self-reliance and mental focus. (Three bears go home to their mountain den and share news of their day before going to sleep ...)

Winner of 2006 Children's Music Web Awards Best Spoken Word/Storytelling for Younger Children, October 2006 School Library Journal, December 2006: "Barnholdt's warm, calm voice envelops listeners, taking them to a comfortable place. ... Austin, Texas musician Rich Brotherton strums his guitar in the background during Barnholdt's narration. Occasionally, a dulcimer, an English horn, and an oboe can be heard.... A good night's sleep or an afternoon nap is guaranteed to young listeners who practice the techniques offered here." Don Elum, Bestselling Author of "Raising a Son", "Raising a Daughter", "Raising a Family", and "Raising a Teenager": "This is a truly wonderful memory maker for parent and child. A chance to end a day in peace, and be able to draw from those times later in life." Parent:Wise Austin Magazine, July 2006: The CD ends with 15 minutes of soft guitar music to lull to sleep those hardy souls who've managed to remain awake through the relaxation instructions. ...[I]t is sure to calm even the most restless children (and their parents!). Austin American-Statesman, May 15, 2006, Best Bets, Here's To Your Health: "Local CD Aims To Help Kids Relax, Catch Some Zzzzz's-- A new CD ... is designed to help sleep-deprived children relax and get a good night's sleep'Even kids who don't have difficulty falling asleep need to know how to calm down their minds and bodies' [Barnholdt says]." Jane Barnholdt, the author and narrator, is a counselor specializing in relaxation training. Children are having trouble

sleeping, I keep hearing from parents, Jane says. "We can teach children to value relaxation and quiet time and to look forward to going to sleep. Even kids who don't have trouble sleeping need to know how to calm down their minds and bodies. I hope my CD teaches kids how to relax, and also gives them the feeling that all is well as they sleep tonight. Rich Brotherton's score is played on acoustic guitars, cittern, dulcimer, English horn and oboe, flute, and accordion, by Rich and musicians Ian Davidson and Jane Gillman. Rich has served as Robert Earl Keens guitar player/band leader for the past 12 years and also produced and arranged Keens last two CDs. Kids who don't have trouble sleeping love it too! Suggested for ages 3 - 8. 5 tracks. 42 minutes. Also available online at finefeatherproductions.com, Amazon.com, and in Austin, Texas at BookKids at BookPeople, Borders Books Music, Breed Co, Tarrytown Pharmacy, and Westlake People's Pharmacy. Testimonials: I'm always excited to discover new tools that help children with relaxation and sleep.... Snuggle Down and Say Goodnight provides a nurturing approach to help children focus on a happy, relaxing event as they are lulled to sleep. This uses the tried and true methods of guided visual imagery along with progressive body relaxation that threads in a story of positive and good that allows a child to simply set a routine for sleep that could likely become one of their most effective strategies." -James Ochoa, Licensed Professional Counselor, Director of The Life Empowerment Center (TLEC), Austin, TX. "About two or three weeks ago I ordered your CD for my 4 and 6 year old girls. I want to thank you, because now they are looking forward to their bed-time because they enjoy the CD so much and in no time at all they are asleep! This reduces the bed-time stress I had before considerably! I hope you will have some more CD's available soon. Thanks once more." - Viola, mother, Oak Grove, KY. Thanks for letting me check out the CD; I really like it. You may certainly quote my honest sentiment that I wish I had had it when my kids were young! I found it very soothing. - Mark J. Levy, MD, Family Medicine. "Mom, can I listen to it now? Can I listen to it all night long?" - Trevor, age 5-and-a-half. "My twin 4 year olds have very active minds, especially right before bed. The CD has been a wonderful part of our bedtime routine. I'm not sure if any of us have actually heard it in its entirety, as we all fall asleep part way through. This has now become part of my gift repertoire. I think your CD will be greatly appreciated for its oral tradition and adherence to rhythm of the day. ... again thank you for a great CD." - Rebecca Judis, mother, Austin, TX. I've been working with children for over 10 years and currently work with severely distressed children as well as those dealing with lower levels of anxiety and related sleep problems. Jane's CD sets a new benchmark in helping children who suffer from sleeplessness. This

helps to set the stage for less irritability and improved attention the following day. Her gentle storyline is appropriate for children who may simply be experiencing age related nightmares, as well as those struggling with larger issues. - Jonathan F. Anderson, MA, LPC, Owner, The GATE (gatehealing.com).

This CD is great! Normally my 4-year-old daughter resisted going to bed and woke up in the night with a nightmare or bathroom trip. She listened to Snuggle Down five times in the first week. Every night after the first time, she got quietly into bed and did not once wake up with nightmares or to go to potty. Ever since those first few weeks when I played the CD, we've had basically an easy time getting her to sleep, and it's been all these months later [now eight months later]! Stacy Miles-Thorpe, mother and clinical social worker. Since my daughter began having a hard time sleeping, I have purchased several children's sleep CDs, all of which she liked, but none were ideal. Some were too short, others were too stimulating, and none had enough music, which she finds extremely relaxing. The first night she heard Snuggle Down she asked to hear it twice she stayed awake through Track 4 to hear the story. The next night she said she wants to hear the Bear Lullaby every night, and she fell asleep 10 or 15 minutes into it. She says she likes it better than all the others she has heard, and now I have no trouble getting her into bed and asleep fast! Stacie, stay-at-home mom to two preschoolers, Leander, TX. My son (age 3) says the Bear Story is his favorite part. That's how he refers to the CD. He first heard it in August and he still listens to it (it's May now). Even though he has never had trouble sleeping, he likes to listen to it before he gets into bed, during our winding down time, before taking baths. Mary Ann Perez, mother and counselor, Austin, TX.

"Eliza loves it. It has really transformed naptime. She was resisting taking naps and would talk and sing loudly to keep herself awake even when she was really tired. Now for the last week, I've asked her at every rest time if she wants to listen to the Snuggle Down CD and she says 'yes.' She is totally quiet and relaxed while listening and falls asleep about half the time. Even when she doesn't fall asleep, she benefits much more from her rest time. It's amazing to see her relaxing she has always had such a hard time being still and quiet. Thank you!" - Jenny Fleming, mother. All four of my grandchildren loved it! Kaleb age 9, Kimberly age 8, Lily age 5, and Abby age 2. Donna Godwin, grandmother and aesthetician.

Ashland (age 5) loves it! She wants to take it with her to her naps. Anya Wendt, mother. People who are interested in should consider this download.

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