

Mp3 Dr. Kay - Holiday Sleeptime Stories



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Relaxing holiday melodies and stories 5 MP3 Songs in this album (18:44) ! Related styles: KIDS/FAMILY: Lullabies, SPOKEN WORD: With Music Details: THE PERFECT WINTER HOLIDAY GIFT!!!! ABOUT THE CD Enjoy sleeptime stories about Christmas, The Nativity Story, Chanukah, Kwanzaa, and a bonus track with the Kwanzaa Celebrational Tribute. Holiday nights can be so exciting that kids of all ages can't sleep. Enjoy "Holiday Sleeptime Stories" and relax your way through a peaceful holiday season. Dr. Kay narrates original holiday poetry accompanied by soft holiday music. ABOUT THE ARTIST Dr. Kay is an Illinois Licensed Clinical Psychologist. Her areas of interest include stress management, health psychology, and media psychology. She is the founder of Healthy Sensations International Academic and Wellness Solutions and naturalhealthsensations.com RELEASES FROM HEALTHY SENSATIONS INTERNATIONAL Relief of Relaxation: Busy executives, college scholars, tweens, teens and parents can all learn to relax. In just minutes, control your stress for a healthier you! Sleepboost'r: A good night's sleep is at your fingertips! This cd was designed to train young children to relax and prepare for sleep. Naptime or nighttime, SLEEPBOOST'R can be part of your child's sleeptime routine. Relaxation for Breastfeeding Skin To Skin Infant Care: A calm caregiver can inspire a calmer infant. Whether you breastfeed, bottlefeed or use a combination, infants benefit from the physical comfort they receive through holding. When you are relaxed, the comfort increases. This cd presents guided relaxation and imagery for breastfeeding and skin-to-skin infant care. It can be useful during breastfeeding, pumping, bottle-feeding or snuggling. It can help enhance the care you give during these early days, weeks, months, after weaning and throughout the toddler years.

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