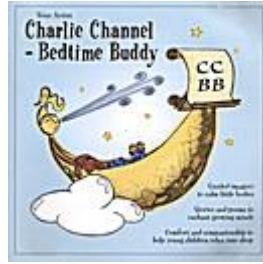


Mp3 Charlie Channel - Bedtime Buddy - Kids/family: Children's Storytelling



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Guided imagery to calm little bodies, stories and poems to enchant growing minds and comfort and companionship to help young children relax into sleep. Designed to engage, but never disrupt the sleep process, so young listeners can drift into sleep. 22 MP3 Songs KIDS/FAMILY: Children's Storytelling, SPOKEN WORD: Poetry Details: NOTES About CC-BB CD ----- The "Charlie Channel -- Bedtime Buddy" audio CD project grew out of a bedtime experience with a young boy, Mateo, who was having difficulty settling down to sleep. I had already read a couple of stories and his mother (co-writer and director of CC-BB), Rachel Ross, had already kissed him goodnight, tucked him in and left the room to attend to her older son. Still, Mateo had a hard time calming down. When I asked him what was bothering him, he answered that he was afraid. After exploring why he might be afraid and of what, I reassured him that all was well. Then I asked him to accompany me in some stretching and deep breathing exercises as I spoke to him using rich guided imagery. He began to relax and as I read one more story to him, he drifted off to into a very sound sleep. When Rachel returned to the room she remarked that my warm deep voice had surely soothed him to sleep and suggested I record a CD for youngsters doing just as I had done with Mateo. Although that was more easily said than done, it was a vision that resonated with both of us. After much hard work overcoming obstacles, selecting literary content and managing all the details of such a project, we have produced something very special. CC-BB features guided imagery informed by published research for treating childhood insomnia. An article by J. Porter in the September 1975 issue of The Australian New Zealand Journal of Psychiatry provided the premise upon which we crafted CC-BB script. Porter found that young children will more readily accept sleep when they are the central character in a self-directed story--with controlling influence over putting a

favorite figure to sleep as the story unfolds. (Article available in pdf format at ccbbuddy.com) We wove this concept throughout the script, inviting young listeners to visualize and mentally bring along their favorite doll, action figure, or snuggly. As I narrate our journey, I consistently check on our "special friends" as they grow drowsy, and encourage young listeners to help them cozy up for sleep. But we felt something beyond guided imagery was needed. We knew we needed to entertain young listeners so they would stay in bed and allow sleep to happen. The key was Stories! Good stories and poetry! Rachel developed a strategy that enabled us to locate and secure permission for me to narrate some of the freshest, most engaging children's stories and poetry available today! You'll find world class, original literature authored by a few renown writers and many talented up-and-coming writers from around the globe. I have a fantastic music collection and instantly recognized the kind of music that would create just the right vibe for the relaxing, slumber-friendly content we were pulling together. Harpist Aryeh Frankfurter and Bassist Victor Wooten graciously granted us permission to use their music for this project. I played keyboards for the transitional "page turner" between stories. One of our contributing authors, the talented Adwin Brown, added a tasty seasoning of sound effects and also designed the CC-BB cover illustration. CC-BB introduces young children to the concept of The Mind's Eye, "that place inside your head where you see pictures even with your eyes closed." Using The Mind's Eye as the focus of creativity and entertainment, CC--BB takes the pressure off young listener to go to sleep and empowers them to enjoy their inner world. CC-BB features carefully selected stories and poems that convey a message that dreaming is delightful and good things happen during sleep. With vivid word-pictures, each piece inspires little listeners to see in their "mind's eye" imagery that is pleasant, tactile, sweet, and calming. CC-BB soothes children's fears about being left alone to fall asleep, and satisfies their desire for company at bedtime. CC-BB keeps young children in bed, engrossed in the power of imagination as entertainment. With content designed to engage, but never disrupt the sleep process, young listeners can drift into sleep at any time during the narration. What truly distinguishes CC-BB from audio products offering traditional lullabies, fairy tales, and therapeutic sleep induction is: * unique sleep-friendly technique premised on professional research * each poem and story conveying a positive message about sleep * my deep, warm voice and comforting presence as a buddy CC-BB awaits your listening pleasure and bedtime use. We enjoyed producing it and are confident that you and/or the children you cherish will enjoy listening to it, too. We offer a money-back guarantee and look forward to your feedback. Peace, Charlie Channel

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