



A Kid's Guide to Relaxation & Sleep (Learn Through Music Series) (Volume 1)

Noel Anderson

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You can use music to help your child sleep! This book gives parents and children the knowledge and tools to relax their minds and bodies in order to drift in to peaceful sleep. The relaxation script written in the form of a social story should be read aloud while listening to relaxing music. The original music recording that accompanies this book (available on iTunes, Google Play Store, and Amazon MP3) will be extremely useful in reminding children the keys to relaxation. I wish you a restful night and sweet dreams!

The "Learn Through Music Book Series" addresses topics that impact children and teens with special needs, such as attention skills, auditory perception, and sleep disturbances. While reading (or singing) through each book, skills will be practiced. These books are helpful to parents, teachers, and therapists alike!

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Each book in the series includes:?

- A beautifully illustrated storybook
- An original song
- Sheet music to reference or play live
- Tips on using music therapeutically
- Research & scientific backing for each technique

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