

Grandma I Don't Want to Go to Sleep

Using activities and interactive projects, instructs readers on learning to fall asleep without restlessness, fear, or behavioral problems.

Any parent of a toddler has been through the troubles of their child being too scared to sleep in their own bed "just because"—because of a monster, because of a noise, or because of a bad dream. Hopefully this book will be the companion to all the reasons why our young ones should want to spend more time in their bedrooms and realize that there is nothing to fear. This book takes a child on a journey to all the places they wouldn't want to sleep and outlines the reasons why their own bed is the perfect place to sleep.

In the middle of the night, Joey always wakes up and finds himself all alone in his bed. So to keep him company, Mommy and Daddy give him different toys to sleep with each night. Finally Joey's bed gets so crowded with toys that he wants to sleep alone!

The hit book about a willful young frog with a serious identity crisis and his heard-it-all-before father is now available in paperback! Perfect for fans of Mo Willems's I Don't Let the Pigeon Drive the Bus! and Jon Klassen's I Want My Hat Back! Frog wants to be anything but a slimy, wet frog. A cat, perhaps. Or a rabbit. An owl? But when a hungry wolf arrives--a wolf who HATES eating frogs--our hero decides that being himself isn't so bad after all. In this very silly story with a sly message, told in hilarious dialogue between a feisty young frog and his heard-it-all-before father, young readers will identify with little Frog's desire to be something different, while laughing along at his stubborn yet endearing schemes to prove himself right. And look for the hilarious sequels--I Don't Want to Be Big, There's Nothing to Do!, and I Don't Want to Go to Sleep. "First-time author Petty's dialogue between a frog father and his son makes its point about accepting one's nature with a big grin. . . . The story might create similar gratitude in the minds of readers--or it might just make them giggle."--Publishers Weekly, STARRED REVIEW "A lively look at self-acceptance."--Kirkus "This amusing story ends with a laugh and a much more content frog."--School Library Journal "Silliness and deadpan humor combine into a hopping good story of being happy with who you are."--Booklist "A paean to self-acceptance wrapped in snappy dialogue and illustrated with richly colored comic paintings."--Wall Street Journal "Petty and Boldt provide just enough predictability to hook youngest readers, then deliver a delightful twist or two to create surprise and satisfaction--for both the green hero and the many fans he'll make with this book."--Shelf Awareness "This lighthearted exploration of identity will delight as a readaloud."--The Bulletin of the Center for Children's Books

Grandma I Don't Want To Go To Sleep

The Froggies Do NOT Want to Sleep

Funny Novelty Lined Notebook Journal: Great Gift for Any One's Mom Mother: Cute Pink Yellow Blue

Gentle Proven Solutions to Help Your Child Sleep Without Leaving Them to Cry it Out

Sleep Bed Time Story

Sleep and Aging

A cute story about a little orangutan who doesn't want to go to bed! Orangutan, Crocodile, Elephant and Tiger are four friends who live in the jungle. Each of them is special, just like you. Today, Orangutan is having a slumber party at his house and he invited his three best friends to sleep over. There will be a pillow fight and an imitation contest. That means that... fun is guaranteed! But when it's time to go to bed, Orangutan wants to keep playing. Will his friends convince him to go to sleep? Fun Facts about Growing Up is a series of children's books. Setting out the facts in a fun and entertaining way and accompanied by beautifully drawn and dynamic images, this collection handles topics like: losing your baby teeth, fear of the water, recycling and the excuses kids give when it's time to go to bed. Children will love this series and it will give adults help and tools for explaining and teaching kids about a whole range of different daily situations.

A Bank Street College of Education 2018 Best Children's Book of the Year In another hilarious book from the I Don't Want to be a Frog series, young Frog learns an unexpected lesson about how NOT to be bored. Perfect for fans of Mo Willems's Don't Let the Pigeon Drive the Bus! and Jon Klassen's I Want My Hat Back! Frog is bored. He can't find ANYTHING to do—even when his animal friends make good suggestions, like sleeping all day, licking between his toes, or hopping around and then starting off into space. Will he find a fun and exciting way to spend his day? Featuring the beloved characters from I Don't Want to Be a Frog and I Don't Want to Be Big, this new story is sure to bring a smile to every kid who's ever said "There's nothing to do!" And look for the other books starring Frog: I Don't Want to Be a Frog, I Don't Want to Be Big and I Don't Want to Go to Sleep. ★ "Snappy, spot-on dialogue pairs ideally with the outside drama of Boldt's artwork; reading this book belongs on families' to-do lists."—Publishers Weekly, starred review "In a structured, overstimulated world, downtime needs to be appreciated, and this small amphibian shows the way."—Kirkus "Sleep is one of the most important but least understood aspects of our life, wellness, and longevity ... An explosion of scientific discoveries in the last twenty years has shed new light on this fundamental aspect of our lives. Now ... neuroscientist and sleep expert Matthew Walker gives us a new understanding of the vital importance of sleep and dreaming"--Amazon.com.

At night when most kids were dozing so deep,Michael could never quite manage to sleep.His mother would read him one book, or two,His father would sing 'till his face turned blue,All day Michael ran and played and kicked ball,But then he'd just shrug: "I'm not tired at all."

Don't Go to Sleep

Pharmacological Treatment of Mental Disorders in Primary Health Care

Orangutan Doesn't Want to Sleep

The I Don't Want to Go to Bed Book for Girls

Solutions to Insomnia for Those with Depression, Anxiety or Chronic Pain

A tribute to Grandmothers who have to be mothers twice as they raise their grandchildren. This book follows a child's fantastical voyage under the sea in an imaginative attempt to avoid bedtime. A book of laughter, longing, and loss. Told within the confines of a nontraditional family. Children being raised by their grandparents can finally see themselves in print.- Excellent storyline of inclusion utilizing people of color as characters in a universal setting.- Written as two tales in one, one straightforward adventure for the younger child, as well as a philosophical journey for the more mature reader. - This book is an excellent Hi/Lo story for a student reading below grade level due to its layered storytelling.- This book can also be used to help a more mature child come to terms with the concept of loss.

Prepare for a different kind of bedtime book--a zany, imaginative adventure to send your little froggies off to dreamland. Not since David Wiesner's Tuesday have frogs had so much fun! Why go to bed when you can play the accordion, dance underwater ballet, and hold burping contests with strange alien lifeforms? For every kid who ever came up with an outlandish excuse for why it can't be bedtime yet, these froggies' antics will delight and entertain. Acclaimed illustrator Adam Gustavson's raucous authorial debut shows parents there's more than one way to do bedtime.

Where is the most comfortable place to sleep? Let's look for it together with your child and this wonderful bedtime story for kids! This is a bedtime book about a little girl called Lily. One night, last summer, she had just gone to bed, but she could not sleep. Well, the truth is, she did not want to sleep and that was it! This bedtime story tells about the adventures of a little girl who quarreled with a pillow. Lily was so uncomfortable in her bed that she went to look for a place cozier. She will visit the pond and the dog's booth. She will visit the horse house. Together with her hamster Max, Lily will try many different ways to fall asleep. Will little Lily finally fall asleep? Let's find out! This adorable bedtime picture book has a lot of humor. It is also full of "bedtime" lessons such as: there is no better place for sleep than your bed not always you should like what others like every living creature needs quality sleep This wise night book will not leave you and your child indifferent. Your kid will sleep soundly after this bedtime reading. This night book is great for the categorybooks for 3,4,5,6,7 year olds. It is great as preschool books and the first-grade book also. The kids' book is perfect for reading aloud in kindergartens before bedtime. This "bedtime book" has many positive reviews of parents and children. Here are some of them: "I enjoyed reading this delightful bedtime stories! What a clever story with the journey to discover the best sleeping spot! I agree one's own bed is the best!" "The drawings are adorable! The night story is easy to follow for a young reader! I suspect a few chuckles and laughter along the way to the happy conclusion!" Every page of this sleep book has unique illustrations by talented artist Nina Gvozdeva. Purchase a paperback copy and get the Kindle version FREE! (Kindle MatchBook) There is also a Gift for your Kid inside (one more book)! Simply scroll up to the top of the page, and click on the yellow "buy now" button and get it. Fans of the hit I Don't Want to Be a Frog will hop with joy for this fourth book in the series—a hilarious and clever twist on the classic childhood issue of not wanting to go to bed. Frog is excited about autumn and the coming of winter. But when Owl informs him that frogs hibernate till spring, Frog is upset at missing out on all the snowy fun. In this hysterically funny twist on the classic "I don't want to go to bed" dilemma, Frog comes up with all kinds of reasons why he's not going to sleep through winter, until he devises a clever way to convince his friends to come along for the ride. Featuring the beloved young frog character from the hit I Don't Want to Be a Frog and his cast of zany animal friends, this new story is sure to bring a smile to every kid who's ever protested at bedtime. And parents will appreciate a bold new twist on a timeless childhood topic. It's another surefire crowd pleaser and perfect read-aloud. And look for the other books starring Frog: I Don't Want to Be a Frog, I Don't Want to Be Big, and There's Nothing to Do!. Praise for the series: I Don't Want to Go to Sleep: "Silliness abounds . . . a fun read-aloud."—Kirkus "Boldt's big, bold animal characters fill the pages, as dialogue balloons contribute to the liveliness of Petty's storytelling."—Publishers Weekly I Don't Want to Be a Frog: □ "First-time author Petty's dialogue between a frog father and his son makes its point about accepting one's nature with a big grin. . . . The story might create similar gratitude in the minds of readers—or it might just make them giggle."—Publishers Weekly, starred review I Don't Want to Be Big: "Reminiscent of Mo Willems's 'Elephant and Piggie' series."—Publishers Weekly There's Nothing to Do! □ "Snappy, spot-on dialogue pairs ideally with the outside drama of Boldt's artwork; reading this book belongs on families' to-do lists."—Publishers Weekly, starred review

What to Do when You Dread Your Bed

Unlocking the Power of Sleep and Dreams

Bedtime Fun

A Kids Guide to Overcoming Problems with Sleep

Ask a Manager

The go-to guide to getting infants and toddlers to fall and stay asleep, completely revised and updated Kim West, LCSW-C, known to her clients as The Sleep Lady®, has developed an alternative and effective approach to helping children learn themselves to sleep without letting them "cry it out" -- an option that is not comfortable for many parents. Essential reading for any tired parent, or any expectant parent who wants to avoid the pitfalls of sleeplessness, Good Night, Sleep Tight, is a practical, easy-to-follow remedy that will work for all families in need of nights of peaceful slumber! New material and updates include: New yoga recommendations Updated information for parents of young infants Expanded information on training Ending co-sleeping Sleep training for twins and multiples

Alterations in sleep are common manifestations of aging that can lead to significant health problems and contribute to behavioural problems associated with age-related neurodegenerative disorders such as Alzheimer's and Parkinson's disease. Recent advances have revealed key cellular and molecular mechanisms involved in sleep regulation, and this knowledge is helping to advance an understanding of both the normal functions of sleep and the mechanisms responsible for abnormalities. This volume of Advances in Cell Aging and Gerontology brings together chapters by leaders in the fields of sleep research and the neurobiology of aging. The book starts with chapter on the fundamental aspects of the neurocircuitry involved in sleep, patterns of brain activity during the different stages of sleep and disturbances of sleep during aging. The links between depression, anxiety and insomnia are reviewed in regards to the neurochemical alterations that appear to involve abnormalities in neurotransmitter and neurotrophic factor signalling. The evolutionary basis of sleep is reviewed and the emerging evidence supporting a major role for sleep in learning and memory is described. The bulk of the book focuses on specific sleep disorders associated with aging and age-related neurodegenerative disorders. A comprehensive consideration of this topic is woven through a number of chapters that address both the basic and clinical aspects of sleep abnormalities during aging and in disease. The impact of sleep on the immune system is described. The articles are written in a high level of detail and are comprehensive, thus providing valuable information for researchers, clinicians, scientists and other well-educated people. In particular, the book will be a valuable resource for graduate students, postdoctoral and senior scientists in the fields of sleep, aging, neurodegenerative disorders and learning and memory. In addition, it will find this book valuable as it provides a bridge between basic research and the treatment of the patients with sleep disorders. * Covers the fields of sleep in aging and age-related disease from neurochemistry to the clinic * Includes diagrams that depict key concepts * Provides views of the future of research on sleep and aging, and the potential for prevention and treatment of various sleep disorders