

Download Free I DON'T WANT TO SLEEP:  
Teaching Kids The Importance Of Sleep  
(Bedtimes Sleep Children's Picture Book Book 1)

# **I DON'T WANT TO SLEEP: Teaching Kids The Importance Of Sleep (Bedtimes Sleep Children's Picture Book Book 1)**

*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! Martín is eight years old and is determined He has it clear Tonight, he is not going to sleep! He has done it! But, the next day, bizarre occurrences start to happen to him! Find out what happens! A children's book recommended for children ages 6 to 9. The purpose of this book is to assert sleep as a repair element. Through the adventures of Martín, children will learn about the importance of sleeping to have a better performance at the school, and to live a better life. I don't want to sleep! is a book for early childhood education, suitable to be read aloud to children. It is also suggested for children that are starting to read. I Don't Want To Sleep Like A Baby, I Want To Sleep Like My Husband. Small daily diary / journal / notebook to write in, for creative writing, for creating lists, for Scheduling, Organizing and Recording your thoughts. Makes an excellent gift idea for birthdays, Christmas or any special occasion. - Perfectly sized at 6" x 9" - 120 page - Softcover bookbinding - Flexible Paperback*

*I have a little shadow that goes in and out with me . . .  
Inside, outside, climbing up the stairs, or jumping into*

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*bed, your shadow may be following you! He may even be one step ahead as you run down the street!*

*Complete with a cast of the whole family, a cat, a dog, and a teddy, this story is for everyone. Little ones who are just discovering their shadows for the first time will find inspiration between these pages, while older, more experienced kids are sure to learn new ways to play with their shadows. Get ready to laugh and giggle and then find the nearest light source and try out some shadows of your own! Sara Sanchez has created soft and inviting illustrations to creatively interpret Robert Louis Stevenson's original lines from the poem "My Shadow," which was originally published in his classic for children, A Child's Garden of Verses. Sanchez's pictures are filled with humor and help propel this timeless poem into the twenty-first century. My Shadow is sure to become a bedtime favorite for the whole family. Sky Pony Press, with our Good Books, Racehorse and Arcade imprints, is proud to publish a broad range of books for young readers—picture books for small children, chapter books, books for middle grade readers, and novels for young adults. Our list includes bestsellers for children who love to play Minecraft; stories told with LEGO bricks; books that teach lessons about tolerance, patience, and the environment, and much more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.*

*Funny Novelty Notebook for the Wife / Girlfriend,  
Notepad Gift for Her*

*I don't want to sleep with you*

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*Sleep and Aging*

*When People Don'T Want to Stay at a Hotel They  
Sleep with Me . . .*

*Novelty Mothers Day Gifts for Mom: Funny Lined  
Notebook Journal Diary to Write in*

*The Froggies Do NOT Want to Sleep*

I Don't Want to SleepSleep Bed Time Story

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. Praise for the series- 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 outsize drama of Boldt's artwork; reading this book belongs on families' to-do lists." --Publishers

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Weekly, starred review

Novelty Lined Notebook Daily Diary / Journal / Notebook to write in, for creative writing, for creating lists, for Scheduling, Organizing, Recording your thoughts, Writing notes, to do lists or just to stay organized. Perfect gift for mothers for Mother's Day, Father's Day, birthdays, anniversaries, Christmas or simply to give as a gift any time of the year. Perfectly sized at 6' x 9' 120 page Premium Quality Cover High-quality white paper Flexible Paperback The pages are ready to be filled!

Sometimes it feels almost impossible to fall asleep. So, when a little girl insists that she simply cannot sleep, her mother tells her how all of the animals in the world go to sleep. But each animal sleeps differently, as the little girl finds out: leopards sleep in trees; storks sleep standing on only one leg; fish sleep with their eyes open; bats hang upside down while they sleep; ducks sleep in large groups; and so forth. But what is the best way for children to sleep? Perhaps if the little girl tries out all the ways animals sleep, she ' ll find the perfect way for her—which may just be her own bed, after all! *Mama, I Can ' t Sleep* is a delightful goodnight book from the picture-book dream team of Brigitte Raab and Manuela Olten. Original, amusing, and brimming with fun animal knowledge, this is sure to help any reluctant child—who would much rather sleep with Mom and Dad—to discover that, just like the animals, children have their own special way of falling fast asleep. This book is the perfect gift for new parents or anyone living with young children.

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**Mama, I Can't Sleep**

**The Rabbit Who Wants to Fall Asleep**

**I Don't Want More Sleep Said Nobody Ever: Weekly and  
Monthly Planner for Those That Love to Sleep**

**I DON'T WANT TO SLEEP: Short Stories For Kids With  
Pictures Ages 3-5**

**Funny Sleep Tracker Notebook Gift Idea For Wife,  
Girlfriend, Fiance, Mom, Mother - 120 Pages (6" X 9")**

**Hilarious Gag Present**

**Unlocking the Power of Sleep and Dreams**

As a young boy and girl struggle with the idea of having to go to sleep, they get interrupted by the moon who questions their desire to stay up. The moon tells them that by going to sleep they will get to do lots of fun things, such as saving the world from a gang of nose-picking space zombies, or drinking from a cream-soda flavored river and riding in air bubbles from a pink underwater elephant. However, before the moon can finish, he notices their dreaming adventures have already begun.

"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

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of the vital importance of sleep and dreaming"--Amazon.com.

"Is your baby sleeping through the night?"

This is the worst question you could ever ask a parent. Seriously. And news flash! Even if your child is sleeping through the night this week, that doesn't mean they will be for much longer. Every other week, babies are teething, experiencing a growth spurt, or entering a dreaded sleep regression. *Bedtime, the Ultimate Battle* is a concise and humorous tool that even the most sleep-deprived parents will love. It contains the meat and potatoes of sleep solutions for your baby that you can digest easily in the middle of the night, without worrying about heartburn. Sleep is something all humans need, but at a point in every baby's life, they will refuse to sleep like it's their job. That leads to very exhausted parents and caregivers. *Bedtime, the Ultimate Battle* is written from the realistic perspective of a mom in the trenches—just like you. (And you, too, Dad.) It will provide you with dozens of easy, budget-friendly ways to help get your baby to sleep, gathered from the most recommended parenting books, blogs, and viral posts. Melissa has done the research so you don't have to spend precious time desperately Googling during your next 3 a.m.

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wake-up call. Bedtime, the Ultimate Battle includes more than ninety tips and tricks and discusses common nighttime hurdles such as: Sleep training Getting baby to nap when they don't want to Weaning babies who breastfeed to sleep Handling sleep regressions like a champ and more!

Will my bed accommodate their love for schnitzel? I discover later that fourteen pancakes are not enough for my German friends. One roll of toilet paper for two people should last two to three days. I am wrong. I left the plastic mouse in their bed by accident. They said nothing, yet they left the mouse in the made bed when they left. I love them. Thank you for hurling your dirty shoes on my bed. You are a class act. I love the guest bedroom; it smells like a middle school locker room. It reminds me of cheerleading . . . in a bad way. I have developed supersonic hearing. When I hear that first toilet flush in the morning, I know its showtime! High heels, slap on that fall, don my apron, apply lip gloss, and serve that breakfast with a smile. What song will I sing? What stories will I tell? Dang! They do not speak English. No worries. My mime experience is always a hit.

Why We Sleep

Over 50 Powerful Techniques To Help You

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Sleep Better And Hack Your Mind

I Don't Want to Sleep Alone!

I Don't Want to Go to Sleep

Bedtime, the Ultimate Battle

Sometimes I Don't Want to Sleep

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 diseases. 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 in sleep in various neurological conditions and during normal aging.

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 chapters describing 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 underlying 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 basic research and clinical aspects of sleep abnormalities during aging and in

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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 a range of 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, clinicians 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 detailed summary 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

This 121 page 8x10 planner is a perfect sleep lovers gift for anyone who loves to sleep in! It's an undated planner that allows you to fully customize to your liking! Use this planner to: Keep track of daily, weekly and monthly goals! It includes a monthly brain dump to clear your mind Plan your daily life with a 'TO-DO list, a 'Don't Forget' section, and a 'Reflections' section for each day! It comes in a beautiful and professional-looking matte finish with white interior pages. Order it now! The #1 New York Times Bestseller: “ A hilarious take on that age-old problem: getting the beloved child to go to sleep ” (NPR). “ Hell no, you can ’ t go to the bathroom. You know where you can go? The f\*\*k to sleep. ” Go the Fuck to Sleep is a book for parents who live in the real world, where a few snoozing kitties and cutesy rhymes don ’ t always send a toddler sailing blissfully off to dreamland. Profane, affectionate, and radically honest, it captures the familiar—and unspoken—tribulations of putting your little angel down for the night. Read by a host of celebrities, from

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Samuel L. Jackson to Jennifer Garner, this subversively funny bestselling storybook will not actually put your kids to sleep, but it will leave you laughing so hard you won't care. 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 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

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exploration of identity will delight as a readaloud."--The  
Bulletin of the Center for Children's Books

I Don't Want to Sleep Like a Baby I Want to Sleep Like My  
Husband

I Don't Want to Sleep Like a Baby, I Want to Sleep Like My  
Husband

Don't Go to Sleep

The Book of The Animals - Episode 3 (Bilingual English-  
Spanish)

Grandma I Don't Want To Go To Sleep

Go the F\*\*k to Sleep

*Is bedtime a struggle at your house? Does your child fight going to sleep? Have you tried multiple methods for good sleep hygiene and nothing seems to work? If you answered yes to any of these questions, then this is the book for you! Author, therapist, and mother, Megan B. Bartley, struggled at bedtime with her daughter for years. She tried multiple techniques and therapies over the years to help her daughter relax and fall asleep easily and quickly. Finally, she developed and practiced a guided meditation with her daughter at bedtime with great success. Her 4-year-old daughter liked it so much she began requesting it at bedtime. Megan wrote down her guided meditation and the result is this book. This light and playful book combines multiple therapeutic and healing techniques to help kids let go of fears and worries that clog their minds*

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at bedtime. It also shifts the energy spent worrying or being afraid. This energy is moved into the body so it can be observed and invited to relax and let go. This mindful book is written in a way to be beneficial for both the child and the parent. Children tune in to their parent's emotions. If mom and dad are stressed or tense at bedtime, their children are likely to be stressed and tense too. This book naturally encourages parents to relax as they are reading the book with the thought that the child will follow their lead. Former Major League Baseball pitcher and dad of three, Erik Schullstrom, illustrated the book. What people are saying... "What a great way to help both parents and children stay connected, calm, and turn bedtimes into a special occasion. Megan brings creativity, playfulness, and teaches parents how to calm themselves and slow down to help their kids feel peaceful at bedtime." "Since working with Megan, I have found myself becoming calmer, more thoughtful and mindful. The processes which Megan has guided me through have been incredibly beneficial for my life and my life situations. I'm in a stressful field of business and her guidance has helped me to take a deep (and mindful) breath!" "If you need direction, help in

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*living a more mindful life, Megan is perfect! She is so insightful and uses many methods to help her clients reach happiness. I would recommend her hands down!" "Megan is such an incredibly knowledgeable, creative thinker who is very solution oriented. She is an open thinker who uses mindfulness training to achieve success with her clients. I am continually impressed with her compassion and insightfulness. Definitely a wise choice!" For more information visit MeganBaylesBartley.com.*

*A tribute to Grandmothers who've 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.-*

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*This book can also be used to help a more mature child come to terms with the concept of loss.*

*Bedtime Stories For Kids: I DON'T WANT TO SLEEP - Short Stories For Kids With Pictures Ages 3-5*  
*This book was written for children of all ages, so as long as they still enjoy having a bedtime story read, they will adore this book!*  
*Bedtime Stories for Kids: Do You Know ? Would you like your child to drift off easily into a deep, peaceful, sleep? Are you looking for a children's book that can make Bedtime a wonderful time? CLICK BUY NOW BUTTON AT THE TOP OF THIS PAGE!*

*The groundbreaking No. 1 bestseller is sure to turn nightly bedtime battles into a loving and special end-of-day ritual. This child-tested, parent-approved story uses an innovative technique that brings a calm end to any child's day. Do you struggle with getting your child to fall asleep? Join parents all over the world who have embraced *The Rabbit Who Wants to Fall Asleep* as their new nightly routine. When Roger can't fall asleep, Mummy Rabbit takes him to see Uncle Yawn, who knows just what to do. Children will join Roger on his journey and be lulled to sleep alongside their new friend. Carl-Johan Forssén Ehrlin's simple story uses a*

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*unique and distinct language pattern that will help your child relax and fall asleep- at bedtime or naptime. Reclaim bedtime today! Praise for The Rabbit Who Wants to Fall Asleep: "Tired parents of planet earth - this is what you've been waiting for... If you don't already have a copy, you need to order one quick sharp" - Metro "The most peaceful bedtime we have had in months" - Daily Mail*

*There's Nothing to Do!*

*I Don't Want to Be Big*

*Guest Who's Sleeping in My Bed?*

*Sleep Hacker*

*These Animals... Don't Want to Sleep!*

Fans of the hit picture book I Don't Want to Be a Frog will love this silly companion featuring a frog that's still as stubborn as ever and his surprisingly patient father.

"Reminiscent of Mo Willems's 'Elephant and Piggie' series"—Publishers Weekly  
Frog does NOT want to grow up. Doesn't need to be tall. Doesn't want to be able to jump high enough to see the tree frogs. He's just FINE being small. Besides, if you grow up, you don't get to do fun things like jump in mud puddles with your best friend, Pig. Do you? This hilarious story—which uses

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humor to teach that it's great being exactly who you are—is sure to bring a smile to every kid who just wants to stay a kid, in addition to those who are the smallest in their class. It's a sly and smartly funny tale that will have children and parents laughing together. And look for all the book in this hilarious series—I Don't Want to Be a Frog, There's Nothing to Do! and I Don't Want to Go to Sleep. Praise for the series: 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 "An enjoyable read-aloud"—Kirkus There's Nothing to Do! ? "Snappy, spot-on dialogue pairs ideally with the outsize drama of Boldt's artwork; reading this book belongs on families' to-do lists."—Publishers Weekly, starred review

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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 staring 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 outsize drama of Boldt's artwork; reading this book belongs on families' to-do lists."—Publishers Weekly, starred review "In a structured, overstimulated

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world, downtime needs to be appreciated, and this small amphibian shows the way."—Kirkus

Why does your toddler get upset when his or her routine is disrupted? Why do they follow you from room to room and refuse to play on their own? Why are daily routines such as mealtimes, bath time, and bed time such a struggle? This accessible guide demystifies the difficult behaviors of anxious toddlers, offering tried-and-tested practical solutions to common parenting dilemmas. Each chapter begins with a real life example, clearly illustrating the behavior from the parent's and the toddler's perspective. Once the toddler's anxious behavior has been demystified and explained, new and effective parenting approaches are introduced to help parents tackle everyday difficulties and build up their child's resilience, independence, and coping mechanisms. Common difficulties with bath time, toileting, sleep, eating, transitions, social anxiety, separation anxiety, and sensory issues are solved, along with specific fears and phobias, and more

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extreme behaviors such as skin picking and hair pulling. A must-read for all parents of anxious toddlers, as well as for the professionals involved in supporting them.

NEW EDITION!! Well... it seems that these animals don't want to sleep! But step by step, each one discovers that sleeping is very important for the animals, as well as for the children! A funny way to learn and a funny way to teach. As everyone knows how difficult it can be to explain to young children how important it is to sleep...---THE BOOK OF THE ANIMALS:FUN LEARNING FOR CHILDREN AND PARENTS What are certainly the most occurring moments in a parent's life? When their child doesn't want to wash, eat, sleep, go to school, share, take medicine, get vaccinated... And what can a parent answer to these refusals? The successful "Book of The Animals" bilingual children's books series was created with the aim to help both parents and children to discover the benefits of washing, eating, sleeping, going to school, sharing, taking medicine, getting vaccinated... in a fun as well as educational manner.

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Since the books are also bilingual, parents will enjoy the teaching and the interactivity they can gain from reading them with their children. THE AUDIENCE The books are geared towards children aged 2-5, before elementary/primary school. They will likely be bilingual children whose parents want to encourage the learning of their two current languages. They will also be children whose parents want to teach a language at a young age. Some teachers have also been using the books of the series as a way to teach a second language to children, with themes easy for them to both understand and memorise. THE CURRENT BOOKS There are currently seven books in the series. Each episode brings on new animals, new words, new situations and new stories. - Ep.1. "These Animals... Don't Want to Wash!" (2008)- Ep.2. "These Animals... Don't Want to Eat!" (2009)- Ep.3. "These Animals... Don't Want to Sleep!" (2010)- Ep.4. "These Animals... Don't Want to Go to School!" (2011)- Ep.5. "These Animals... Don't Want to Share!" (2011)- Ep.6. "These Animals... Don't Want to Take their

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Medicine!" (2012)- Ep.7. "These  
Animals... Don't Want to Get  
Vaccinated!" (2012)The books are all  
available in either bilingual or  
monolingual versions:- Bilingual  
versions: English-French, English-  
Portuguese, English-Italian, English-  
Spanish, English-Swedish, English-  
Creole, English-Japanese...More  
versions still to come!Check out the  
official website:

[www.TheBookOfTheAnimals.com](http://www.TheBookOfTheAnimals.com)REVIEW"The  
Book of the Animals is a planned series  
of illustrated books for young  
children. [...] These delightful books  
tell the story of what happens when the  
animals in the stories, like many young  
children, don't want to eat and don't  
want to wash...The books are very  
suitable both for reading to young  
children and for older children to use  
to learn to read in both languages.  
They might even persuade them to wash  
and eat their dinner!The repetitive  
structure is supportive of children  
learning new words and the  
illustrations work well alongside the  
text to help understanding of  
unfamiliar words.I can easily imagine

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young children demanding repeat readings and enjoying learning the text by heart as many children do with favourite stories. Children learning to make up and write their own stories might well want to write a personalised version, using the structure as a prop. I think the stories would work well both in the home and in the classroom." (Review published in The Cass School of Education, by Dr Raymonde Sneddon, Research Fellow for "The Cass School of Education" at the University of East London, and Honorary Research Fellow of Birkbeck College, in the Department of Applied Linguistics) SUPPORT 'The Book of The Animals' series is supported & recommended by ABRIR UK, a Brazilian Association for Educational Projects in the United Kingdom.

[www.Abrir.org.uk](http://www.Abrir.org.uk) Official website:

[TheBookOfTheAnimals.com](http://TheBookOfTheAnimals.com)

A Forever Love Tale

The Thing About Spring

Sleep Bed Time Story

I don't want to sleep!

I don't want to go to Sleep!

I don't want to sleep alone

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Your sleep is broken! The chances are, you 're NOT sleeping as well as you could. In fact, MOST of us just aren 't sleeping as well as we could be, and this is showing up in various forms. People are feeling too tired to work, depressed and weak throughout the day. And this is usually one or two things that you 're doing WRONG, that are stopping your body entering the deep sleep stage it needs, to restore and recover. Over the last few years, I 've collected several highly effective sleep hacks and tricks that you could use to sleep BETTER. These things work, and they work fast. SLEEP BETTER: We've collected dozens of tips, bits of information and methods or techniques for improving your sleep, and going to sleep faster. FEEL BETTER: If you practice these techniques you'll fall asleep better and feel much better in the morning. Lots of people complain of not getting enough sleep or not sleeping well enough, so we've collected the tips that can help you! SLEEP FASTER: Another common concern is people can't seem to fall asleep FAST enough, so we've collected some information on how to fall asleep faster and with less effort as well. Overcome your bad sleep habits and finally feel good when you wake up in the morning. We've spent months collecting the best and most effective tips and tricks for sleeping better, so you can enjoy your life more. Scroll up (or down) and order your copy now, and get started improving your sleep! SLEEP IS IMPORTANT! It 's been shown that if you get better quality sleep everything else becomes easier: You 'll have more energy You won 't need naps during the day You 'll recover from exercise faster Your immune system will be boosted You 'll be less likely to get or stay depressed You 'll be more creative There are LITERALLY thousands of benefits of getting better sleep.. So I 've created the ultimate guide: Sleep Hacker. Sleep Hacker contains over 50 powerful sleep hacks that you can use to improve your sleep and feel better. These things have been tried and

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tested by many people, and work fast, for almost everyone. What you ' ll learn in Sleep Hacker Why your body actually needs sleep and what happens when you don ' t get enough How your mattress position and settings really make a big difference to how well your body is able to sleep (It ' s not what you expect) How raising your bed a few inches at the headboard end can supercharge digestion and immune regeneration, and impact your dreams How to wake up at ANY TIME, every morning, WITHOUT an alarm clock, and WITHOUT feeling tired (This is so useful, and you ' ll be able to DECIDE how to live your mornings now) How to reset your natural body clock in one simple process (It ' s a challenge, but it WORKS) A natural and effective way to stop snoring so you can experience less sleep disturbances in less than a week The powerful form of yoga that makes falling asleep seem like a walk in the park, so you can stop wasting hours trying to fall asleep Why you need to STOP napping if you want to get the most out of your sleep time! (This is another thing most people get wrong) Finally, the ACTUAL best sleep posture explained, and why most people get this WRONG A strange type of soundwave audio that you can listen to that will practically sedate and soothe you to sleep in less than 9 minutes Over 50 unusual, strange sleep tips explained in great detail (I don ' t want to give away too much here!) This novelty, funny and humorous new mom (or new baby) saying & quote design, journal notebook is perfect as a gift for all occasions! Contains 100 lined pages. Printed on high-quality white interior pages Perfect for doodling, drawing, writing practice, composition, planner, organizer, and so much more! Use this notebook journal is great for creating lists for shopping and more. Ideal travel size for parties, trips, and vacations! Matte-finish cover. 6 inches by 9 inches or 15.24 cm by 22.86 cm journal notebook size.

Prepare for a different kind of bedtime book--a zany,

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imaginative adventure to send your little froggies off to dreamland. Not since David Weisner'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.

It's hard to go to sleep at night when monsters are lurking about in the dark! But this little child makes an exciting discovery when she realizes that television and movies are often the reason she sees bad monsters... and that reading books brings her much sweeter dreams.

I Don't Want To Sleep

I Don't Want to Sleep Tonight

These Animals... Don't Want to Sleep! (Bilingual English-Italian)

Steps to Get Your Baby Asleep: /I Don't Want to Sleep /New Born /The Easiest Way to Get Your Child to Sleep Lonely ( New Born to Adolescence )

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

How to Parent Your Anxious Toddler

This time, these animals don't want to sleep! But step by step each one discovers that to sleep is really very important for animals, as well as for children! A funny way to learn and a funny way to teach. As everyone knows how difficult it can be to explain to young children how important it is to sleep... this is the 3rd Episode of "The Book of The Animals" children's books series by J.N. Paquet. FUN LEARNING FOR CHILDREN AND PARENTS What are certainly the four most

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(Bedtimes, Sleep Children's Picture Book Book 1)

occurring moments in a parent's life? When their child doesn't want to wash, doesn't want to eat, doesn't want to sleep, doesn't want to go to school. And what can a parent answer to these refusals? The successful "Book of The Animals" children's books series was created with the aim to help both parents and children to discover the benefits of washing, eating, sleeping and going to school, in a fun as well as educational manner. Parents will enjoy the teaching and the interactivity they can gain from reading them with their children. "These Animals... Don't Want to Sleep!" is one more example of that reciprocal fun learning. It is the third episode of the series by author J.N. Paquet. It is currently available both as paperback and eBook formats. In this new episode of the series, children will discover the benefits of sleeping, with the help of their favourite friends, the animals! As with the other books in the series, children will not only discover the benefits of sleeping, but they will also discover some new animals, new words and new situations. The book makes fun of learning something essential in the child's general learning process.

**THE AUDIENCE** The books are geared towards children aged 2-5, before elementary/primary school.

**THE CURRENT BOOKS** There are currently four books in the series. Each 'episode' brings on new animals, new words, new situations and new stories.

- Ep.1. "These Animals... Don't Want to Wash!" (2008)
- Ep.2. "These Animals... Don't Want to Eat!" (2009)
- Ep.3. "These Animals... Don't Want to Sleep!" (2010)
- Ep.4. "These Animals... Don't Want to Go to School!" (2011)

The books are all available in either bilingual or monolingual versions:

- Bilingual versions: English-French, English-Portuguese, English-Italian, English-Spanish and English-Swedish.
- Monolingual versions: English,

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French, Portuguese, Italian, Spanish, and Swedish. More versions are still to come... REVIEW "The Book of the Animals is a planned series of illustrated books for young children. These delightful books tell the story of what happens when animals in the stories, like many young children, don't want to eat and don't want to wash... The books are very suitable for reading to young children and for older children to use to learn to read in both languages. They might even persuade them to wash and eat their dinner! The repetitive structure is supportive of children learning new words and the illustrations work well alongside the text to help with understanding of unfamiliar words. I can easily imagine young children demanding repeat readings and enjoying learning the text by heart as many children do with favourite stories. Children learning to make up and write their own stories might well want to write a personalised version, using the structure as a prop. I think the stories would work well both at home and in the classroom." (Review published in The Cass School of Education, by Dr Raymonde Sneddon, Research Fellow for "The Cass School of Education" at the University of East London, and Honorary Research Fellow of Birkbeck College, in the Department of Applied Linguistics and Communication.) Find out more:

<http://www.TheBookOfTheAnimals.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 just shrug: "I'm not tired at all."

A tribute to Grandmothers who have to be mothers twice when they raise their grandchildren. This book follows a child's

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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, 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.

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. Day Michael ran and played and kicked ball, But then he'd just shrug: "I'm not tired at all."

Bedtime Stories For Kids

Mama, I Don't Want to Sleep

I Don't Want to Sleep

Grandma I Don't Want to Go to Sleep

A Parent's Sleep Guide for Infants and Toddlers

I Don't Want to Be a Frog

This time... it seems that these animals don't want to sleep! But step by step, each one discovers that to sleep is really very important for animals, as well as for children! A funny way to learn and a funny way to teach. As everyone knows how difficult it can be to explain to young children how important it is to sleep... This is the 3rd Episode of "The Book of The Animals" children's books series by J.N. Paquet. FUN LEARNING FOR CHILDREN AND PARENTS What are certainly the four most occurring moments in a parent's

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life? When their child doesn't want to wash, doesn't want to eat, doesn't want to sleep and doesn't want to go to school. And what can a parent answer to these refusals? The successful "Book of The Animals" bilingual children's books series was created with the aim to help both parents and children to discover the benefits of washing, eating, sleeping and going to school, in a fun as well as educational manner. Since the books are also bilingual, parents will enjoy the teaching and the interactivity they can gain from reading them with their children. "These Animals... Don't Want to Sleep!" is one more example of that reciprocal fun learning. It is the third episode of the series by author J.N. Paquet. It is currently available both as paperback and eBook formats. In this new episode of the series, children will discover the benefits of sleeping, with the help of their favourite friends, the animals! As with the other books in the series, children will not only discover the benefits of sleeping, but they will also discover some new animals, new words and new situations. The book makes fun learning something essential in the child's general learning process.

**THE AUDIENCE** The books are geared towards children aged 2-5, before elementary/primary school. They will likely be bilingual children whose parents want to encourage the learning of their two current languages. They will also be children whose parents want to teach a language at a young age.

**THE CURRENT BOOKS** Each episode of the series brings on new animals, new words, new situations and new stories.

- Ep.1. "These Animals... Don't Want to Wash!" (2008)
- Ep.2. "These Animals... Don't Want to Eat!" (2009)
- Ep.3. "These Animals... Don't Want to Sleep!" (2010)
- Ep.4. "These Animals... Don't Want to Go to School!" (2011)
- Ep.5. "These Animals... Don't Want to Share!" (2011)

The books are all available in either bilingual or monolingual versions: - Bilingual: English-French, English-Portuguese,

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(Bedtimes, Sleep, Children's Picture Book, Book 1)  
English-Italian, English-Spanish, and English-Swedish. -

Monolingual: English, French, Portuguese, Italian, Spanish, and Swedish. More versions are still to come... REVIEW "The Book of the Animals is a planned series of illustrated books for young children. [...] These delightful books tell the story of what happens when the animals in the stories, like many young children, don't want to eat and don't want to wash... The books are very suitable both for reading to young children and for older children to use to learn to read in both languages. They might even persuade them to wash and eat their dinner! The repetitive structure is supportive of children learning new words and the illustrations work well alongside the text to help understanding of unfamiliar words. I can easily imagine young children demanding repeat readings and enjoying learning the text by heart as many children do with favourite stories. Children learning to make up and write their own stories might well want to write a personalised version, using the structure as a prop. I think the stories would work well both in the home and in the classroom." (Review published in The Cass School of Education, by Dr Raymonde Sneddon, Research Fellow for "The Cass School of Education" at the University of East London, and Honorary Research Fellow of Birkbeck College, in the Department of Applied Linguistics and Communication.) Find out more:

[www.TheBookOfTheAnimals.com](http://www.TheBookOfTheAnimals.com)

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

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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 outsize drama of Boldt's artwork; reading this book belongs on families' to-do lists."—Publishers Weekly, starred review

Spring is in the air! Bear, Bird, and Mouse are all excited that winter snows are melting away, but their friend Rabbit is not. There are too many things about winter that Rabbit adores, and spring just seems to spell trouble. His friends offer an abundance of reasons to love spring and the changing seasons, but will Rabbit listen? Daniel Kirk has written a lively and humorous tale with the gentle message that change can be fun.

Are you looking for a great gift idea for a your sleep

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deprived wife? This notebook is sure to make for great laughs! This is a Sleep Tracker Notebook to write in. The top half has short prompts which allow you to make short notes about your sleep and factors that may influence your sleep, while the bottom half can be colored in like a bar graph to help you visualize how much sleep you get per night. Not too thick & not too thin, so it's a great size to throw in your car or bag! Details: Sleep Tracking Pages 120 pages 6 inches x 9 inches Soft Matte Cover White paper

I Don't Want To Sleep Like A Baby I Just Want To Sleep Like My Husband

A New Way of Getting Children to Sleep

Like A Baby - Sarcastic Funny Saying For Parents With Babies, Journal With Lines

My Shadow