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By Elizabeth Verdick

Free Spirit Publishing Inc.,U.S., United States, 2010. Board book. Book Condition: New. Marieka Heinlen (illustrator). Board Book.. 175 x 173 mm. Language: English . Brand New Book. Ease little ones into the get-ready-for-bed routine with this warm and cozy bedtime book. Aided by Mom and Dad, a sister and brother enjoy a little snack, relaxing baths, time for brushing teeth, stories, lullabies, back rubs, and hugs. Cheerful, soft illustrations and reassuring text set a tone that helps toddlers feel good about settling down to sleep. (As the narrator explains, I do my best growing when I m sleeping.) In the morning, the children will yawn, stretch, and be a little bit bigger, a little bit stronger, and a little bit smarter--all because of a good night s sleep. Includes tips for parents and caregivers.



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