



The Dream Box: Big Dreams for Little Sleepers

Teresa J. Doyle

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Bedtime can often be the most frustrating part of the day for parents. Since children are very good at making up excuses to avoid the dreadful event, it's difficult for parents to find ways to make bedtime a pleasant experience. This book is designed for just that purpose. It helps children look forward to going to bed at night and offers parents the opportunity to end the day on a more positive note. Each dream is designed to stimulate a child's imagination and give them something fun to think about as they go to sleep. Instead of laying in bed thinking about the monster in the closet, they are encouraged to think about things that make them feel good. It stimulates communication between parent and child and offers a daily opportunity to spend quality time together.

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