

Sleep Sense Dana Obleman Free

The Sleep Sense Program No-Sweat Potty Training Curtis Gets Ready to Dream Dana Obleman Dana Obleman Catrina Stiller

The Sleep Sense Program No-Sweat Potty Training Curtis Gets Ready to Dream *Dana Obleman Dana Obleman Catrina Stiller*

make bedtime a breeze a great way to help your little one learn some simple relaxation techniques dana obleman author of the sleep sense program curtis is a young dog who does not like to go to bed he argues with his mother and fights his bedtime but then his mother establishes a routine for him that when followed earns him rewards curtis uses an imaginative method of progressive muscle relaxation to train his mind and body how to prepare for sleep through beautiful illustrations the pretend play of the main character comes to life and encourages children to follow along and drift off into dreamland

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