



Relax a-bye Baby

Mimi Sommers

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Ever had trouble getting your little one to settle down and relax for bed? Relax-a-bye Baby is a painless bedtime guide to help your little one relax and sleep tight. This book is an introduction to meditation as well as a fun, creative and interactive approach to body relaxation and mindfulness. Think of this book as a useful bonding tool for parents and other caregivers. Let's put an end to the bedtime frustration and embrace the wonders of bedtime one child at a time.

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