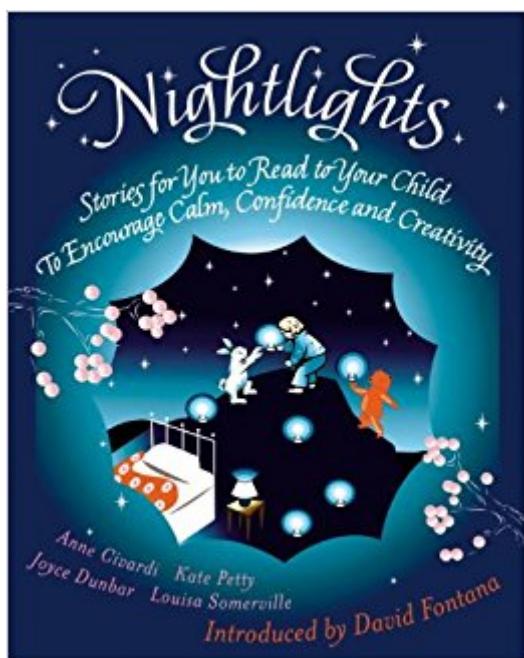


The book was found

Nightlights: Stories For You To Read To Your Child - To Encourage Calm, Confidence And Creativity



Synopsis

Nightlights is a book of stories to read to children, but stories with a difference. It's a collection of twenty interactive meditation stories that have been specially written to calm and relax your child at bedtime, while at the same time engaging and stimulating his or her imagination. These stories also help children in many other important ways. They help them to focus their minds and develop their powers of concentration and visualization, as well as learn more about emotions and feelings. Although not meditations in the strict sense, they do serve as a good preparation for learning real meditation later on. They also foster imagination and creativity, help children deal with their burgeoning anxieties, and help them take their first steps towards developing their own unique identity. In the Introduction, Civardi provides techniques to help parents develop their out-loud reading skills, shows how to create the right mood, and gives practical advice on how to talk with your child about what he or she has just heard. After each story, there is a brief list of affirmations which help to settle the message in the minds of both parent and child.

Book Information

Paperback: 144 pages

Publisher: Watkins Publishing; New edition (April 22, 2014)

Language: English

ISBN-10: 1904292887

ISBN-13: 978-1904292883

Product Dimensions: 7.5 x 0.5 x 9.5 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 17 customer reviews

Best Sellers Rank: #106,604 in Books (See Top 100 in Books) #3 in Books > Children's Books > Religions > Eastern #87 in Books > Children's Books > Fairy Tales, Folk Tales & Myths > Anthologies #184 in Books > Children's Books > Literature & Fiction > Short Story Collections

Age Range: 4 - 8 years

Grade Level: Preschool - 3

Customer Reviews

Story editor, Anne Civardi, is a London-based sculptor and children's book author and editor. Kate Petty was an innovative creator of non-fiction for children. She passed away in 2007. Louisa Somerville is a published author of children's books and young adult books. Some of the published credits of Louisa Somerville include Coming Top Phonics Age 3-4 (Coming Top). Joyce Dunbar is an

English writer. She primarily writes books for children, and has published over seventy books. Dunbar is perhaps best known for *Tell Me Something Happy Before I Go To Sleep*, *This Is The Star*, and the *Mouse And Mole* series. Professor David G. J. Fontana Ph.D. FBPS was a British academic, psychologist and author. He was Professor of Psychology at the Cardiff University. He was also visiting professor at John Moores University and the University of the Algarve. He passed away in 2010. The author lives in UK.

Great book! A family favorite! I love the stories and and doing it with my kids every night!

I have the whole collection... best books ever for kids

Adorable book. My seven year old loves this series. Arrived promptly and in good quality.

Beautiful messages for bedtime.

This book is weird. We have the other books related to this including *Buddha at Bedtime*. But this one is just odd and there is no racial or ethnic diversity in any of the pictures.

Wow - do my kids enjoy these books. We've ordered and now read 5 from the series. They love trying to guess the "moral" or "lesson" from the story and I like the nice use of more advanced vocabulary words with context clues that let my kids guess the meaning of the advanced word when I stop reading and ask them. They are 9 and 11, so when the book suggests ages 4 to 8 they are missing the upper level appeal. The stories are short and we like to read two per night. As with all these in the series they "teach" some great lessons that all kids should learn. We've found ourselves mentioning one of the stories the next day as something about that concept pops up. Great snuggle-time reading.

AMAZING book for kids of all ages. My preschoolers have been learning beginner's relaxation techniques at school including deep breathing and using "calming jars" to look at. This book ties in nicely to help kids expand on their relaxation techniques including awareness, breathing, and using your imagination to take you to relaxing places. My 3 1/2 year olds love the variety of short stories, and I could see them enjoying this up to age 10 or so. We really look forward to selecting one of the many stories each evening, and reading them together helps to get everyone relaxed, calmed, and

in tune with their thoughts. I'm ordering a few more copies for friends' birthdays.

This book is special. To give both children and adults permission to slow themselves physically, and then engage in creative imaginings ... even infants, for the shorter moments of ritualized words and the sound of familiar voices ... These stories can be read as they are, or go anywhere the readers dream. I am going to buy this book for the little people who come into my life, but also for my adult friends.

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Nightlights: Stories for You to Read to Your Child - To Encourage Calm, Confidence and Creativity
More Nightlights: Stories for You to Read to Your Child - To Encourage Calm, Confidence and Creativity
The Calming Collection - Calm Mom, Calm Dad, Calm Child: Keeping Your Cool With Your Children, Your Family, and Everyone Else in Your Life
Confidence: Gaining the Confidence You Need to Succeed in Life.: Easy Tips & Tricks on How to become more Self Confident and Gain Creative Confidence (Confidence: ... Person You've Always Wanted to be. Book 1)
Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your Hidden Alpha (Confidence, Self Confidence, Self Esteem, Charisma, ... Skills, Motivation, Self Belief Book 8)
Confidence: Gorilla Confidence - Simple Habits To Unleash Your Natural Inner Confidence (Self Esteem, Charisma, Personal Magnetism & Self Confidence)
Playful Parenting: An Exciting New Approach to Raising Children That Will Help You Nurture Close Connections, Solve Behavior Problems, and Encourage Confidence
Charisma: Discover How to be More Charismatic, Enhance Your Social Skills and Create a Magnetic Aura: Confidence Hacks (Charisma, Confidence, Self Confidence, ... Influence, Persuasion, Mind Hacks, Book 7)
Angels at Bedtime: Tales of Love, Guidance and Support for You to Read with Your Child to Comfort, Calm and Heal You Read to Me, I'll Read to You: Very Short Stories to Read Together
Stories for a Teen's Heart: Over One Hundred Stories to Encourage a Teen's Soul. Book 1
The Calm Buddha at Bedtime: Tales of Wisdom, Compassion and Mindfulness to Read with Your Child
Escape To Calm Adult Coloring Book Set With 24 Colored Pencils And Pencil Sharpener Included: Color Your Way To Calm You Read to Me, I'll Read to You: Very Short Fairy Tales to Read Together
Shyness: How To Overcome Shyness and Social Anxiety: Own Your Mind, Confidence and Happiness (Personal Transformation, Confident, Shy, Overcome Fear, Low ... Gain Control, Boost Your Confidence Book 2)
Bedtime Stories for Kids: Short Bedtime Stories for Children: (Bedtime Stories for Babies, Bedtime stories for Kids Ages 4-8, Uncle Nick's Bedtime Stories ... (Uncle Nick's Bedtime Stories for Kids) Cross-Stitch to Calm: Stitch and De-Stress with 40 Simple Patterns (Craft To Calm)
The Tools: Transform Your

Problems into Courage, Confidence, and Creativity Rays of Calm: Relaxation for Teenagers (Calm for Kids) Confidence: Gaining the Confidence You Need to Succeed in Life

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