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RELAX(ED) KIDS

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My daughter really loves audio books - she curls up on the floor in front of the speaker behind the couch and patiently listens to the story. So cute, and much more calming than television.
I strongly believe that reading a book (or listening to an audio book) enhances creativity and imagination more than watching television. In fact, even though we do have a television for watching the occasional DVD, we don't have a cable connection in the house and I'm pretty sure we don't miss much.
In an effort to bring more peace and calm to our household after dinnertime, I'm currently testing out a fairytales relaxation CD from Relax Kids. (My son especially needs to unwind; last night we caught him making a complex puzzle in his room 45 minutes after we put him to bed!)
The CDs from Relax Kids are meant to help children relax with the aid of meditative stories and soothing music, believing that a calm and confident child will have an easier time falling asleep. The CDs can also be helpful for over-active or anxious children, or for kids with specific problems like bed-wetting or nightmares. You can listen to an intro of each CD on the website, and you'll get the gist. Even though my kids need to get used to it still, their mama gets so super relaxed I'm sure it must eventually rub off on them! There are specific themes available, we have ?Up, up and away? but I'm also very intrigued by the Princess and Superheroes CDs.

xxx Esther

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