

# Shawny's Sleepy Time Story



Words and Illustrations by: Serena Hernandez

# Sleepy Time Story

**Elisabeth Potter**



## **Sleepy Time Story:**

**5 Minutes Bedtime Stories for Kids** Dana D D,2023-01-27 5 Minutes Bedtime Story for Kids Reading a bedtime story to your child before they go to sleep has several benefits Firstly it creates a sense of routine and structure for bedtime helping children to understand when it is time to wind down and go to sleep This can also make it easier for parents to establish and maintain a consistent bedtime routine Secondly reading to your child before bed can improve their language skills and cognitive development Listening to stories and discussing them with your child can help to expand their vocabulary improve their comprehension skills and foster their imagination and creativity Additionally reading to your child before bed can also be a bonding experience for both parent and child It creates a special time for the two of you to connect and spend time together Lastly reading bedtime stories can also have a calming effect on children helping them to relax and fall asleep more easily Listening to a soothing story can help children to forget about their day and release any pent up energy or emotions making it easier for them to fall asleep Get this Amazing Bedtime Story Book for your Little Loved One Perfect as a Gift too This Book contains the following Perfect Dimensions of 6 x 9 inches Colored interior with illustrations 32 short stories perfect for bedtime Premium Glossy Cover [10-Minute Bedtime Stories For Kids Collection](#) Ellie Wilkinson,2021-02-04 If Your Child Struggles To Relax Fall Asleep At Night Then These Fun Educational 10 Minute Bedtime Stories Could Be The Solution You Need Welcome to the Bedtime Stories revolution I have made it my mission to create the bedtime stories revolution to help parents and kids enjoy a deeply relaxing daily bedtime story before sleep Why I strongly believe in the power of bedtime stories for several reasons Firstly bedtime stories help children sleep which has become an issue for many children and adults in this tech fueled society So by installing healthy sleep habits in your Child from a young age you are helping them not only get the healing sleep the need now but also developing habits that will last a lifetime Put simply Sleep is essential to your child s development Adequate amounts of sleep leads to improved attention behavior learning memory quality of life and mental health Bedtime stories are about much more than just sleep though They allow you and your child to deeply connect at the end of each day a time your child will cherish and this alone will get them excited for Bedtime And we haven t even mentioned the endless life lessons that can be portrayed through the power of storytelling as well as the numerous cognitive mental emotional benefits regular Bedtime Stories can bring Study after study has shown how bedtime stories help improve children s well being learning potential creativity child parent bonding and can make them far happier than scrolling on their iPad aimlessly while inspiring children to become amazing creators And this particular book contains only short 10 Minute stories which is perfect for Children who struggle to concentrate for long periods and is the PERFECT introduction to reading listening to stories Then after a while when you both feel your Child is ready you can move onto the longer more explorative books in the other stories in this series Also it allows for you and your child to potentially listen or read You get a FREE PDF with each purchase several stories a night if 1 isn t enough So If You Want To

Deeply Bond Every Night With Your Child Using The Incredible Power Of Bedtime Stories Then Scroll Up And Click Add To Cart P S We encourage discussing each and every story with your child to add the extra dimension of solidifying the lessons entertainment from each and every story P P S If you enjoy these stories be sure to check out the other books in the series to help spread the Bedtime Stories revolution Enjoy *5 Minutes Bedtime Stories for Kids* Ispas Alexandru,2023-05-10

Amazing 5 Minutes Bedtime Story for Kids Reading a bedtime story to your child before they go to sleep has several benefits Firstly it creates a sense of routine and structure for bedtime helping children to understand when it is time to wind down and go to sleep This can also make it easier for parents to establish and maintain a consistent bedtime routine Secondly reading to your child before bed can improve their language skills and cognitive development Listening to stories and discussing them with your child can help to expand their vocabulary improve their comprehension skills and foster their imagination and creativity Additionally reading to your child before bed can also be a bonding experience for both parent and child It creates a special time for the two of you to connect and spend time together Lastly reading bedtime stories can also have a calming effect on children helping them to relax and fall asleep more easily Listening to a soothing story can help children to forget about their day and release any pent up energy or emotions making it easier for them to fall asleep Get this Amazing Bedtime Story Book for your Little Loved One Perfect as a Gift too This Book contains the following Perfect Dimensions of 6 x 9 inches Colored interior with illustrations 32 short stories perfect for bedtime Premium Glossy Cover

**Short Bedtime Stories For Kids** Naisy Patricia,2020-02-17 Do your kids feel restless fidgety and fight off sleep no matter what you try Do you find it hard to get everyone to calm down and relax when the day is done Bedtime can be a real challenge for a lot of families and sometimes the same old stories and routines don t work anymore There can be a lot of gimmicks out there to try and help your children fall asleep faster or with greater ease but let s face it how often do those gimmicks actually work Bedtime Stories for Kids A Collection of Night Time Tales with Great Morals to Help Children and Toddlers Go to Sleep Feeling Calm and Have a Good Relaxing Night s Sleep with Beautiful Dreams is not something you see every day as an alternative to other methods for getting everyone to sleep at night In this book kids will Be told bedtime stories that have strong morals Enjoy soothing bedtime stories especially if they are kids of ages 3 5 Enjoy colorful art in this picture book for children of ages 3 5 Get a short and funny bedtime story that preschoolers and kids will like to read over and over again If you haven t tried guided meditation for kids now is a great time to start It trains and teaches the growing mind to function in healthier ways giving your child the tools they need to relax on their own and find their own inner peace as they grow These stories are the perfect tool to help your child find a way to relax to learn the value of peaceful reflection and creative visualization while they settle in for a nap or for the night It shows them how to rest more effectively and the more you use these stories as tools for relaxation and mindfulness the more your child will feel confident secure and ready for a new day after a good night s sleep So what are you waiting for This story may be just what you need to help your child feel at

ease calm peaceful and secure just before bedtime and you can continue to use it over and over again Scroll Up and Click the Buy Now Button

**Bedtime Stories For Kids - Vol. 1** Margaret Bachman,2020-11-04 Does your child love to listen to a bedtime story Do you want to make sure they get all the restful sleep they need and are ready for the day ahead This book provides plenty to help them do exactly that Most children love to listen to a bedtime story With the proper tale and told in the right way they will soon relax and drop off giving them and you time to rest and recharge your batteries for another day of fun and discovery And with stories that include meditation and mindfulness techniques thrown in you could help your child even more In this book BEDTIME STORIES FOR KIDS VOL 1 Short Stories to Help your Children relax Fall asleep fast and Enjoy a long night s sleep you will find plenty of stories that will help your child to Develop their language skills Boost their IQ Improve listening skills and memory Love hearing new and exciting talks Interact with you Establish a bedtime routine they will love And lots more If bedtime reading is something you ve never tried before then maybe it s time to start And if it is already something you are doing with your child then this book will take you to another level altogether providing you with fun and entertainment that is also useful for growing and developing This book consists of 24 short stories divided in two parts In the first part Bella Danny The Magical Book Bella and Danny travel around the world on different missions to help unicorns spaceship pilots lions princesses dragons superheroes and many other characters In the second part The Boy who lost his Sleep the Boy and his friends Rabbit Monkey Ox and many others embark on a search to find the Boy s lost Sleep hopefully your kid will only need a few minutes of each story to find it At the end of the story they will find much more than that If bedtime reading is something you ve never tried before then maybe it s time to start And if it is already something you are doing with your child then this book will take you to another level altogether providing you with fun and entertainment that is also useful for growing and developing If that sounds like something you want for your child get a copy of BEDTIME STORIES FOR KIDS VOL 1 today and start reading to them tonight [Kids Bedtime Stories](#) Duane Franklin,2020-10-24

Family affection comes from companionship Do you want to spend the happiest bedtime time with your children Let the bedtime story and you accompany your children through every beautiful night A lot of research and practice show that the bedtime story is one of the best forms of guiding sleep We edited this storybook based on the needs of children s sleep and growth and the story is well known The bedtime storybook contains many interesting bedtime stories each with a distinct theme which can help children increase their knowledge cultivate temperament exercise will enlighten thinking purify the mind and help children fall asleep [WHY Do I Have to Sleep?](#) Signe Rhode,2018-05-28 WHY Do I Have to Sleep is a goodnight story that helps children to let go of excessive thinking calm their nervous systems and gain greater body consciousness To create an inner motivation in the child to fall asleep the book involves the child through calming questions and relatable explanations After the kids bedtime stories you get an extra relaxation meditation that the little reader can gradually be lulled to sleep by The book also contains sleep training tips and tricks from experts as to how to create a calm

atmosphere around bedtime with less struggle WHY Do I Have to Sleep is the first book in the children s book series WHY which the author has written in collaboration with a Danish brain researcher and child psychologist **Bedtime Stories** **Ages 3-8** Brian McMullen,2022-03-18 Are you seeking a children s book that is both fun and educational as well as full of bedtime stories This children s book has everything Relaxing Stories for Children Ages 3 to 8 is a lovely collection of stories for children of all ages Wonderful Adventure Relaxation Fiction Fairy Tales and Kindness to name a few Kids Sleep Time Short Story Collection Each of these stories is an ideal length for reading aloud in about five minutes perfect for a cozy story time **Once Upon a Bedtime** Oludotun Coker,2023-02-16 Welcome to 10 Delightful Bedtime Stories to Soothe Your Little One to Sleep This book is a collection of charming and enchanting bedtime stories that are designed to help children drift off to sleep with a sense of comfort and ease Each of the stories in this book is crafted with care and attention to detail creating a magical and peaceful world that young readers will love to explore during storytime Bedtime stories for kids can be a challenging time for both children and parents Children can have trouble settling down after a long day while parents may feel exhausted and overwhelmed The stories in this book aim to create a calm and restful atmosphere providing a gentle and peaceful transition to sleep By engaging children with characters they can relate to and stories that spark their imaginations this book offers a fun and comforting way to end the day Whether you re looking for soothing bedtime stories magical bedtime stories or calming bedtime stories this book has something for everyone So snuggle up with your little one and enjoy storytime with these delightful stories that are perfect for kids bedtime stories children s sleep stories and nighttime stories for kids Turn off the lights and let these sleep time stories for kids soothe your child to sleep [Bedtime Stories for Kids](#) Ingrid Connor,2021-06-04 55% OFF for Bookstores LAST DAYS Your customers will be fascinated by these great bedtime stories for kids Children are little bubbles of limitless energy It s unexpected how even after a long eventful day they are full of energy during the night playing and running around They can be up and keep you up with them Maybe sometimes a few mistimed naps help with that But after a long tiring day when all we long for is a break and a peaceful sleep even we often manage to stay up for a long while So just putting them to bed and expecting them to fall asleep might not always work out This is where a bed time routine filled with simple yet fantastic tales come in handy Don t let them sleep to the thought of the fight they had with their sibling or friend Let them fall asleep thinking of a certain Elephant named Joey or a Panda named Red from a beautiful imaginary land For bedtime stories help calm their rushing minds help them relax and reduce any stress And above all it helps them imagine Imagination helps them to create and to dream Bedtime stories become door to a world of knowledge which opens them up to many more worlds Their developing brains listen to these bedtime tales and start storing ideas They start understanding consequences and they start drawing up their own endings The next time you are telling your child a bedtime story they might even surprise you by predicting the right one Bedtime stories can help instill much needed values They can send your child to a beautiful dreamy world They can teach your child mindfulness And after

all who doesn't love a good story. It might even help you relax and give you your much needed distraction. Bedtime stories are mostly moralizing. They become instrumental in helping your children grow. Fiction is only an exaggerated reality. When you tell them the story of the boy who cried wolf they think twice before lying when they do something naughty which to me is a parenting win. Win the trust of your customers with this authentic book. Get customers addicted to your Store. Enjoy 55% Bookstore Discount. *Kids Bedtime Stories* Duane Franklin, 2020-10-26. Do you want to spend the happiest bedtime time with your children. Accompanying is the best care for children. Let the bedtime story and you accompany your children through every beautiful night. A lot of research and practice show that story is one of the best forms of guiding sleep. The stories in this book are well known, enhance knowledge and are always interesting. They can cultivate temperament, exercise will and enlighten children's hearts. This book contains some interesting bedtime stories, each of which has a distinct theme which inspires children to grow up deeply. Good stories can bring truth, goodness and beauty to children's hearts. This book is the most tender gift for children, give it to them immediately. *The Dreaming House* Caroline Moretto, 2018-03-23. A fun bedtime story about a late night sleepover at a playful Granny's house. Excerpt: The kids sat sad on their sleeping bags with their arms crisscrossed as their heads wigwagged. We don't want to go to sleep. We don't want to go to bed. We don't want to close our eyes, said the sleepy heads. Could you read a book. Maybe two or three. Could you tell a tale til we fall to sleep. The wishing tree is in dreamland somewhere and meeting there after falling to sleep is something anyone that's had a great time there the night before won't remember. That's just the way it is in dreamland. As parents and grandparents know, convincing a child to go to sleep is exhausting. Adults that arm themselves with fun bedtime stories increase the odds of getting at least a half night's sleep. Combining great bedtime stories with promises of continued fun increase sleep time dramatically or at least a little bit. With the right bedtime story book in hand, adults can expect to get at least one more glorious full hour of one eye open sleep per night. Caroline also known as Grandma Doe has tested this theory. She can confirm that after reading her new book *The Dreaming House* to her grandkids before bedtime, she's gotten at least 4 hours of sleep IN A ROW on the nights that they've had sleepovers. It should be noted though that Grandma Doe has always gotten less sleep than her grandkids, no matter which stories have been read to them at bedtime. Sometimes grandkids are not at fault for staying up past bedtime. Like many fun-loving Grannies out there, Grandma Doe often gets redirected by the parents of her grandkids for her reluctance to end the playing and to just go to sleep. Often Grandma Doe's grandkids head out to dreamland well before she is ready to be done playing. Grandmas are just that way sometimes. *It's Sleepy-Time!* A. J. Crigler, 2015-08-15. *It's Sleepy Time* is a bedtime story that can be read by a child or an adult to a child. *It's Sleepy Time* is a poem that is soothing for children ages 3-10 and also some adults. *Bedtime Stories for Kids* Amanda Prince, 2020-11-20. Are you having trouble in putting your boisterous kid to sleep and you want to find something that can help you while impacting his brain positively. If your answer is yes, then keep reading. Bedtime Stories are a story told to a kid after they have gotten into bed for the night.

Perusing a sleep time story consistently is useful for kids and guardians as well. Reading stories every night to your kid has been demonstrated to improve imagination and language abilities. Reading sleep time stories each night to a kid improves his sleep incredibly. It expands on understanding aptitudes, language capacity, and the creative mind. It quiets bustling kids and connects with their brain into a universe of enchantment and sweet dreams. The sleep time story is the ideal approach to end the children's day and leads them into a night of magnificent rest. The bedtime story is a daily custom of narrating that has been passed down from age to age. Great sleep time stories, for example, Cinderella, Rapunzel, and the Plush Bunny, have been advised from parent to kid to grandkid, passing on family recollections of shared minutes in an otherworldly story. This book covers classic bedtime stories, stories full of enchantment, stories to improve your kid's brain, and so much more. Below you will discover a portion of our preferred stories to share at sleep time. With subjects of participation, kinship, consideration, appreciation, and somewhat enchantment, these short sleep time stories for kids are a certain way to satisfy your little one as they float off into lovely dreams. Every story has been hand-chosen from among several accounts for kids from everywhere throughout the world.

**Bedtime Stories for Kids** Daisy Relaxing, Mindfulness Fairy, 2020-02-08

Is Bedtime a Struggle in Your Household? Do your kids feel restless, fidgety, and fight off sleep no matter what you try? Do you find it hard to get everyone to calm down and relax when the day is done? Bedtime can be a real challenge for a lot of families, and sometimes the same old stories and routines don't work anymore. There can be a lot of gimmicks out there to try and help your children fall asleep faster or with greater ease, but let's face it: how often do those gimmicks actually work? *Bedtime Stories for Kids: A Collection of Night Time Tales with Great Morals to Help Children and Toddlers Go to Sleep Feeling Calm and Have a Good Relaxing Night's Sleep with Beautiful Dreams* is not something you see every day as an alternative to other methods for getting everyone to sleep at night. Many people today, of all ages and backgrounds, are learning the value and importance of practicing mindfulness and meditation. Your child is never too young or old to learn the value of listening to a story at the end of the day, and the great thing about this series of stories is that they teach helpful lessons and morals while also offering a guided meditation style to help anyone feel calm, relaxed, and ready to wind down at the end of the day. You will find some of the following benefits in this audiobook:

- Moral tales to teach kids important lessons through creative storytelling.
- Helpful ways to enjoy relaxation at any age.
- Guided meditations to help kids feel centered, calm, and ready to rest.
- New tellings of old stories like the Tortoise and the Hare and Moby Dick.
- Imaginative journeys all around the world to different places in the mind and even into outer space.
- Stories to help kids focus on learning mindfulness and paying attention to the little things in life.
- Tales to relax the body, mind, and spirit.
- Comforting and enjoyable characters and plots that keep the listener feeling harmonious at night.
- Fun and creative ways to use the imagination while learning to relax and breathe.
- And more!

If you haven't tried guided meditation for kids, now is a great time to start. It trains and teaches the growing mind to function in healthier ways, giving your child the tools they need to relax on their own and find their own inner peace as they grow. These stories



are the perfect tool to help your child find a way to relax to learn the value of peaceful reflection and creative visualization while they settle in for a nap or for the night It shows them how to rest more effectively and the more you use these stories as tools for relaxation and mindfulness the more your child will feel confident secure and ready for a new day after a good night's sleep So what are you waiting for This collection of stories may be just what you need to help your child feel at ease calm peaceful and secure just before bedtime and you can continue to use it over and over again Scroll Up and Click the Buy Now Button

*Bedtime Stories for Kids* Elisabeth Potter, 2020-08-05 Children love stories Not stories that touch the heart alone but also stories that can make them burst into laughter and have a wonderful night experience How beautiful is the children's imagination They can imagine what you have never thought of just by telling them an interesting and engaging story Your children will love you more and they will always want to be with you To children telling them interesting stories mean you care for them Children are easily drawn to storytellers And they will not stop coming back if you keep telling them one story at a time Your home will be full of laughter every day with collections of bedtime stories that can keep your children smiling even while sleeping You want to always hear that gentle and lovely voice's early in the morning saying I love you stories can propel that to happen over and over again It has been noted over time that children's attention is often shifted towards stories that have to do with animals stories that have to do with kids of their class stories that have to do with family life and stories that have to do with the school environment This book covers What is Meditation for Children With Techniques Self Esteem Compassion and Empathy Techniques to Calming and Relaxing 20 Bedtime Stories And Much More You can choose among the stories told at a time and your children will never be bored This way you will become a better parent through storytelling Why You Need a Bedtime Story for Your Children Get Them Closer to You Every Day Improve Their I Q Make Them Happy Always Improve Their Reasoning Make Them Love Reading Teach Them Morals Learn About Human Relationships This is a gift to give your children every night Give them a gift of laughter and create intimacy like never before So if you have been on the lookout for stories for children that contain series of stories that are interesting engaging fun filled full of morals and can also impart knowledge you are about have or own one Your children will say thank you over and over again because they would always look forward to night time for you to tell them stories Daddy Mummy come and tell a story will be the song in your house every night You will soon win your children's hearts They will be open to you like never before Children are fun to be with only when you have something to offer them One of the things that turn them on is storytelling They see things and start thinking a lot about them Their inquisitiveness is top notch Little wonder they ask endless questions from elderly people Never be bored again when you are with your children or other kids Now is the time to tell them interesting stories about the animal kingdom moral stories about living peacefully in society comedy stories that can make them laugh their concerns away and many more stories that will impart knowledge to them This is a decision you should make for your children because you love them Click Buy Now

**Bedtime Stories for Kids** Amanda

Prince,2020-10-21 Are you having trouble in putting your boisterous kid to sleep and you want to find something that can help you while impacting his brain positively If your answer is yes then keep reading Bedtime Stories are a story told to a kid after they have gotten into bed for the night Perusing a sleep time story consistently is useful for kids and guardians as well Reading stories every night to your kid has been demonstrated to improve imagination and language abilities Reading sleep time stories each night to a kid improves his sleep incredibly It expands on understanding aptitudes language capacity and the creative mind It quiets bustling kids and connects with their brain into a universe of enchantment and sweet dreams The sleep time story is the ideal approach to end the children s day and leads them into a night of magnificent rest The bedtime story is a daily custom of narrating that has been passed down from age to age Great sleep time stories for example Cinderella Rapunzel and the Plush Bunny have been advised from parent to kid to grandkid passing on family recollections of shared minutes in an otherworldly story This book covers Classic bedtime stories Stories full of enchantment Stories to improve your kid s brain And so much more Below you will discover a portion of our preferred stories to share at sleep time With subjects of participation kinship consideration appreciation and somewhat enchantment these short sleep time stories for kids are a certain way to satisfy your little one as they float off into lovely dreams Every story has been hand chosen from among several accounts for kids from everywhere throughout the world Ready to get started Click the BUY NOW button

Cozy Bedtime Stories for Kids 2 in 1 Sleeptime Publications, Is Bedtime Normally a Struggle Does your little one resist sleep turning nights into a battle Do they have trouble settling down leaving you wishing for a calm and cozy bedtime routine A Magical Collection for Sweet Dreams This 2 in 1 collection features 30 enchanting bedtime stories a mix of whimsical adventures and adorable animal tales that help kids relax unwind and drift off to dreamland with a smile Each story sparks imagination while gently leading them to sleep Inside This Book You ll Discover 15 Sleepytime Adventures Meet friendly dragons explore enchanted forests and find hidden treasures 15 Animal Tales Follow brave bunnies clever foxes and playful penguins on exciting journeys A Calming Nighttime Routine Stories designed to soothe busy little minds and help them feel safe and happy Perfect for Ages 4 10 Fun easy to follow stories just the right length for bedtime Lessons Wrapped in Fun Messages of kindness courage and imagination to inspire sweet dreams Make Bedtime Cozy Magical and Fun Turn bedtime into a moment of snuggles laughter and peaceful sleep Click Buy Now to start your child s journey to sweet dreams Kids Bedtime Stories Duane Franklin,2020-10-11 Family affection comes from companionship Do you want to spend the happiest bedtime time with your children Let the bedtime story and you accompany your children through every beautiful night A lot of research and practice show that the bedtime story is one of the best forms of guiding sleep We edited this storybook based on the needs of children s sleep and growth and the story is well known The bedtime storybook contains many interesting bedtime stories each with a distinct theme which can help children increase their knowledge cultivate temperament exercise will enlighten thinking purify the mind and help children fall asleep **The Magical Night Bed Time Story** Vladut's New

Books Publishing,2021-09-22 Snuggle with your kids at bedtime with this fantastic easy to read bedtime story Does your child have difficulty falling asleep Are you looking for a nice and interesting book to calm your children down improve their vocabulary and listening skills If yes then this little book can help you The book has every page beautifully drawn with unique images and you will find inside coloring pages as well In The Magical Night Bed Time Story you are going to discover an interesting and memorable story about one little brave girl which will know for sure how to catch the interest of your children stimulate their imagination and take their budding creativity to new heights allowing you to spend quality time with your kids that they would cherish for life This unique story is written for toddlers and pre adolescent children Is suitable for both boys and girls and belongs in every family s library Great for cozying up with your kids before turning out the lights Would make a nice holiday gift for your kids and not only to add to their library Scroll up and buy it now

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### Sleepy Time Story Introduction

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