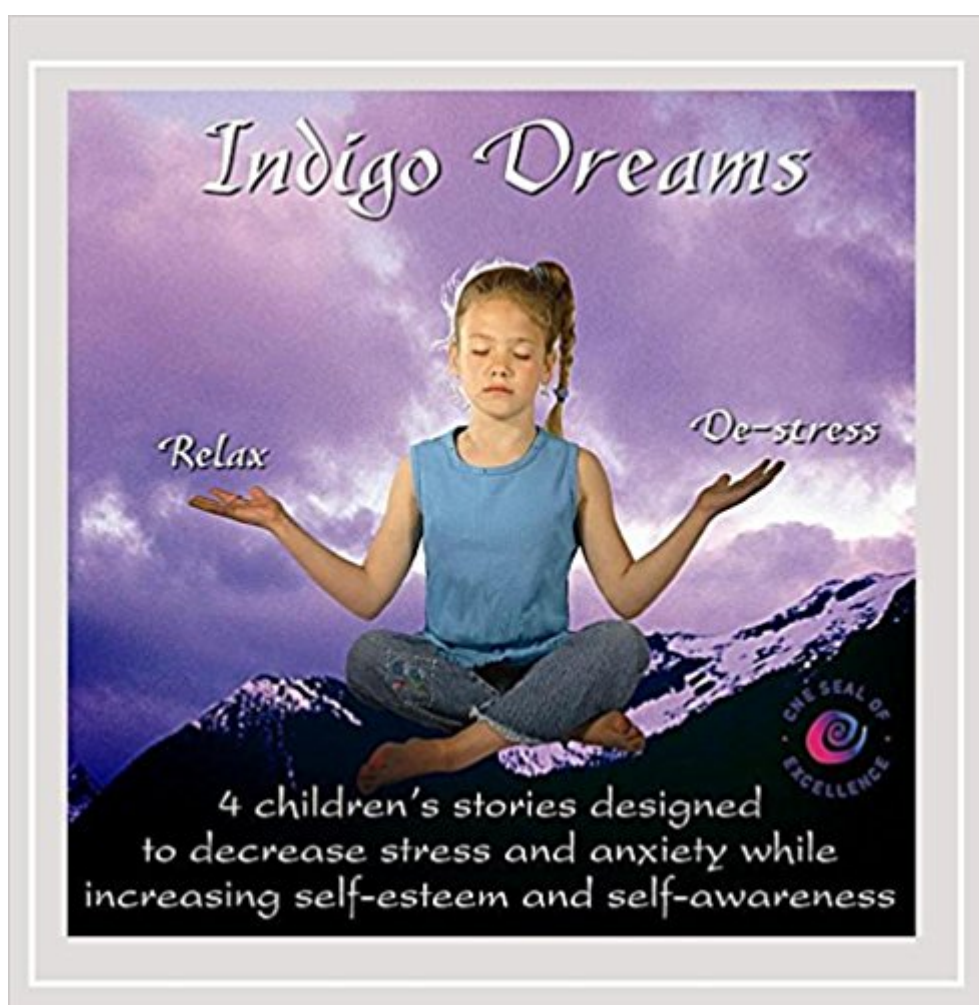


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# Indigo Dreams: Relaxation And Stress Management Bedtime Stories For Children, Improve Sleep, Manage Stress And Anxiety (Indigo D



## Synopsis

Indigo Dreams: Relaxation and Stress Management Bedtime Stories for Children, Improve Sleep, Manage Stress and Anxiety (Indigo D by Lori Lite

## Book Information

Audio CD: 1 pages

Publisher: Stress Free Kids; Unabridged edition (May 3, 2004)

Language: English

ISBN-10: 0970863349

ISBN-13: 978-0970863348

Product Dimensions: 5.5 x 5.5 x 0.2 inches

Shipping Weight: 0.3 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 228 customer reviews

Best Sellers Rank: #37,239 in Books (See Top 100 in Books) #4 in [Books > Books on CD > Children's Fiction > Music](#) #7 in [Books > Books on CD > Health, Mind & Body > General](#) #8 in [Books > Books on CD > Health, Mind & Body > Relaxation & Meditation](#)

Age Range: 4 - 9 years

Grade Level: Preschool - 4

## Customer Reviews

Children embrace these fun, interactive stories and benefit emotionally, physically and mentally.

---Devi S. Nambudripad, M.D., D.C., L.Ac., Ph.D. I absolutely love these stories! I am a head start teacher and use these stories often. A wonderful collection! ---Jennifer Kelsey, Head Start Teacher  
School age children today face complex issues. This calming, engaging CD builds self-awareness, self-esteem and coping skills. ---Dr. Jodi DiNatale, School Psychologist

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I have a 2 1/2 year old daughter who started refusing to go to bed, to the point that there were nights that she was up until 1am! She would start screaming and crying as soon as we put her in the crib, saying not to put her in the crib and that she couldn't fall asleep. This CD played an intricate (if not most important) role in getting her to sleep at a reasonable time. I would turn it on during her bedtime routine (when we changed her diaper, while brushing her teeth, and even while reading

stoy books). The woman's voice and back ground music are incredibly soothing and set up an environment of calm that really got her ready for bed. Then when it is finally bedtime, I make sure there's still 3 or 4 stories left so that she can have something to listen to for a while to help her drift off to sleep. She listens to this CD every night and never cries to go to bed. Even if she seems not that tired, she'll hang out in her crib with some books and I think it's the CD that eventually puts her in a relaxed, sleepy state that allows her to fall asleep. She sleeps 12-13 hours a night, and doesn't wake up in the night either. I was afraid she would tire of this CD so I bought two other music/lullaby CD's. I have not even had to open them up. It's perfect to help a wound up kid who can't settle down not be stressed out about bedtime. Going to bed went from being a total nightmare (no pun intended), to a relaxing and happy time. We have this CD to thank! Honestly I think if I had issues falling asleep it would help me too!

I've been struggling for some time to get my little 3-4 year old girl to wind down at night. I bought the Sea Otter cove book, but that didn't help. The CD was better because it was someone else telling the story and we could listen to it together. I could show her how to do the breathing and we can try it together. I think she might be a little young to understand or perhaps focus on the exercises, but she does listen the the story and is able to settle down. the 5th track of just music for about 20minutes is they key for her. that's really when she quiets down and starts to fall asleep. We've been using it for about 10 days and I am pleased. Its definitely a worth while purchase.

My 7 year old daughter gets very anxious at bed time and had also had issues getting ready for school. She was getting really stressed out and crying before school. I bought this for her and have been playing it for her when she goes to bed and it seems to be helping her go to sleep. Before she would get stressed out about not being able to go to sleep and now she is able to peacefully go to sleep. We have only been using it for a week, but fingers crossed that it continues to help her. She even asks me to turn it on at night.

This product is a must buy. If you have a little one who fights their sleep, is just having a rough day, or if you just want a nice soothing story Indigo Dreams is for you. It is so relaxing and puts not only your little one at ease, but the parents as well. If your looking for a nice peaceful car ride or bedtime story, indigo dreams is for you.

My daughter was having a hard time falling asleep and staying asleep after moving, and getting her

own room apart from her sister. When I'm stressed and need to relax, I listen to some meditative music myself, and wanted to try the same for her. I found this CD on and she LOVES it. She puts it on at bedtime, and listens to it and falls asleep. If she wakes up in the middle of the night and can't fall back asleep, she turns it back on. It's really great. She's not waking me up at all hours of the night and has learned some nice self-soothing exercises. I recommend this for any parent who has a child with sleeping through the night and anxiety. It works!

This hit a home run with my children. The stories are engaging, the presentation is relaxing and smooth, and the children can understand the basics. Research shows that the brain actively processes what it receives before sleep, and I like knowing that positive affirmations and provocative story lines about managing stress are becoming part of my children's awarenesses. The Goodnight Caterpillar relaxation really works -- I do it enthusiastically -- although usually my children have drifted off to sleep by the time we get to that track! :) I think any parent will be glad to have this in the night time repertoire!

The narrator for the stories has a pleasant voice and does a great job making the characters in the story come alive without over doing it. Her voice is like warm nectar dripping, smooth and steady. It completely envelops you in a web of comfort. The pace is slower than I normally keep and when we first began listening to the stories it took a couple of tries before my 8 year old would settle. Now, by the time we are on the second story he's usually asleep. The only reason I don't give it a higher rating is that there are only 4 short stories on the CD and I'm not sure they will pacify my son much longer as he thinks they are baby stories. There are 5 tracks, but 4 stories that are very short. Maybe if there were a variety of more content included, it would work better for us.

Lovely relaxing stories for the end of the day calm-down time. Looking at getting another one or two for some variety.

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