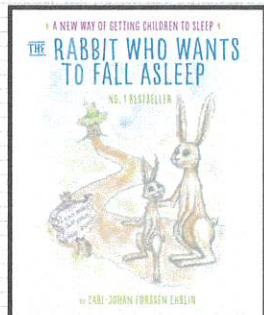
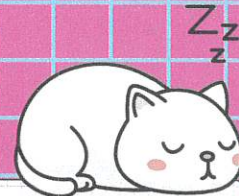




Supporting Sleep & Routines: Book Ideas



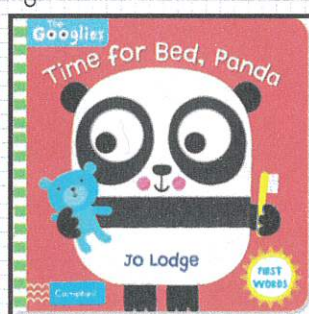
For children



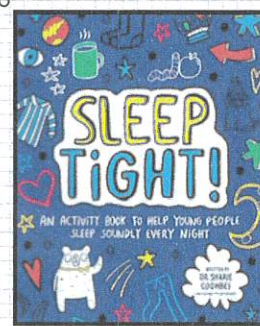
Written using calming language designed to help children relax and drift off.



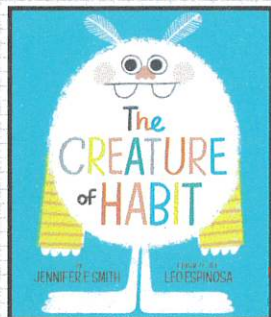
Helps children understand why their brain feels busy at night and gives calming strategies.



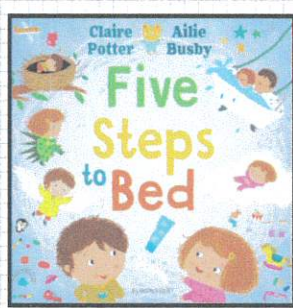
A simple, visual routine book showing each stage of getting ready for bed.



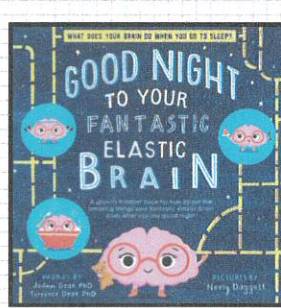
An interactive, mindfulness-based book that helps kids understand sleep and calm bedtime habits.



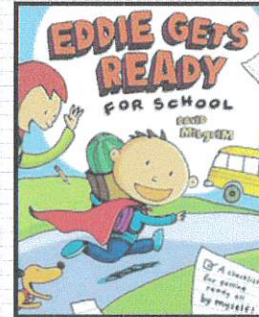
All about stepping out of your comfort zone mixed with a little humour.



Five simple stages of getting ready for bed, making the routine clear, predictable and easy to follow.



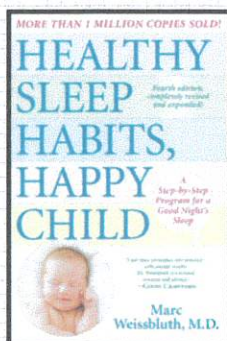
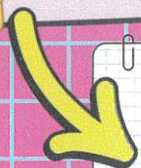
A fun, science-based bedtime book that explains what the brain does while we sleep.



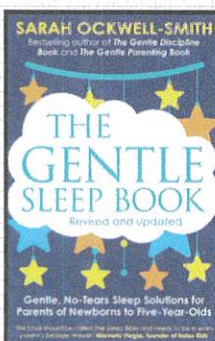
A simple, reassuring story that walks children through a morning routine step-by-step.



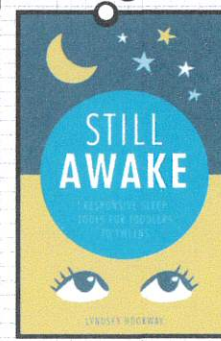
For parents



Explains how sleep works and how routines support better sleep and behaviour.



A calm, reassuring approach to children's sleep with practical routines and strategies.



A practical, evidence-informed guide that helps parents understand children's sleep.

