

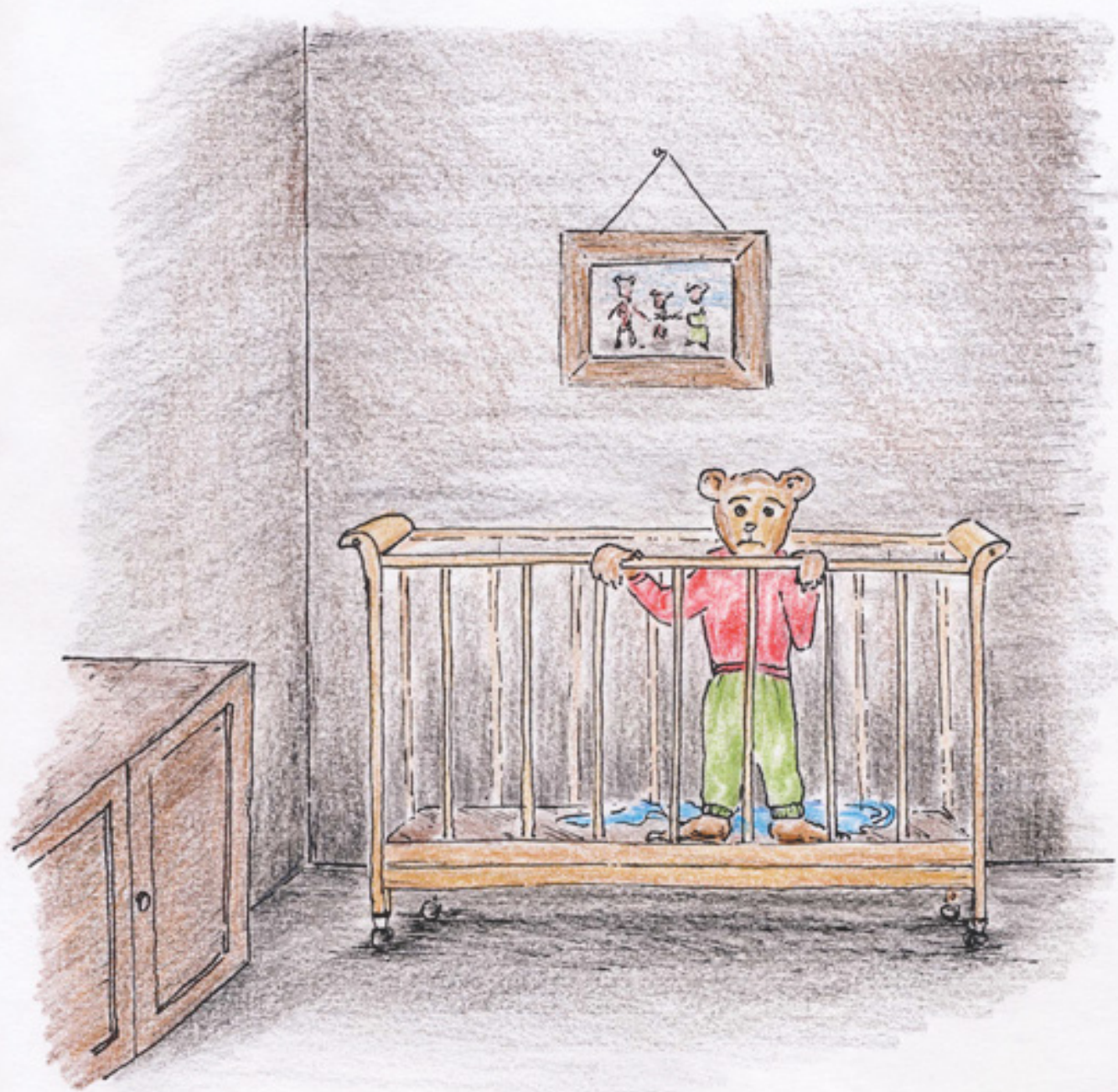
Baby Bear Sleeps



*dream
team*



*Dream
team.*



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Tips for Reading This Book with Your Child

- Introduce the Baby Bear Sleeps book several days in advance of beginning your sleep teaching program. Then, continue reading the book with your child during sleep teaching. This will give him or her an opportunity to process sleep learning during daytime hours, while you are there.
- Try to "read" the book at least once every day. As you read it, give your child an opportunity to ask questions or comment on things that happen in the story.
- As you share the book with your child, add unique things from his or her own life to make it interesting. For example, at the end of the book, the bear family could be walking into your child's favorite park, or going to meet your child's favorite friend at the sandbox.
- Have fun with this story! If your child senses you are anxious about the upcoming change, he or she will be more likely to be anxious about it too.

For more information visit us online at

www.dreamteambaby.com