



Feet, Go to Sleep

Barbara Bottner

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From the *New York Times* bestselling author of *Miss Brooks Loves Books! (and I don't)* comes a gentle bedtime book that includes a proven relaxation technique parents can use to help their little ones go to sleep after an exciting day.

The sun has set and dinner is done, but Fiona is still excited about the day and is not at all ready for bed.

So her mom helps her settle down with their nightly ritual of sending each part of her—from her toes to her nose—off to sleep. As Fiona relaxes her body, she recalls a marvelous day at the beach where feet were for stomping in the waves, legs were for running after cousins, tummy was for holding strawberries, and arms were for catching beach balls. And bit by bit, memory by memory, Fiona slips from a great day into a good night.

Barbara Bottner and Maggie Smith create an action-packed day to remember and provide parents with a wonderful technique for helping their own busy little ones drift peacefully off to sleep.

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Joan Beverly:

Spent a free time to be fun activity to do! A lot of people spent their down time with their family, or their particular friends. Usually they doing activity like watching television, planning to beach, or picnic inside the park. They actually doing ditto every week. Do you feel it? Would you like to something different to fill your free time/ holiday? Can be reading a book could be option to fill your free of charge time/ holiday. The first thing you ask may be what kinds of guide that you should read. If you want to consider look for book, may be the e-book untitled Feet, Go to Sleep can be fine book to read. May be it is usually best activity to you.

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