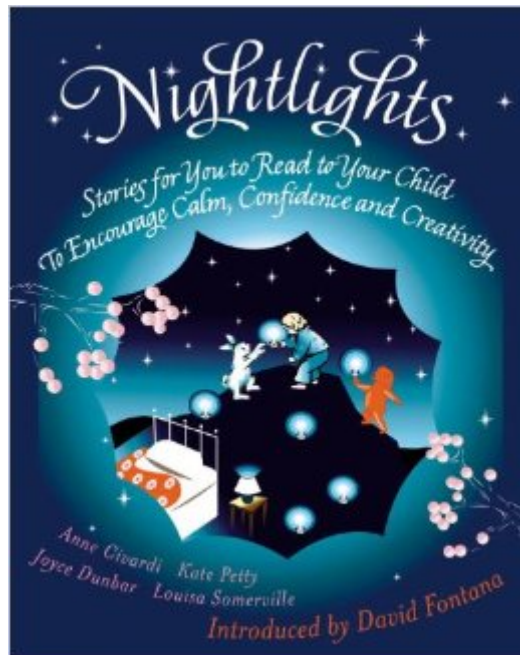


The book was found

# Nightlights: Stories For You To Read To Your Child - To Encourage Calm, Confidence And Creativity



## Synopsis

Nightlights is a book of stories to read to children, but stories with a difference. It's a collection of twenty interactive meditation stories that have been specially written to calm and relax your child at bedtime, while at the same time engaging and stimulating his or her imagination. These stories also help children in many other important ways. They help them to focus their minds and develop their powers of concentration and visualization, as well as learn more about emotions and feelings. Although not meditations in the strict sense, they do serve as a good preparation for learning real meditation later on. They also foster imagination and creativity, help children deal with their burgeoning anxieties, and help them take their first steps towards developing their own unique identity. In the Introduction, Civardi provides techniques to help parents develop their out-loud reading skills, shows how to create the right mood, and gives practical advice on how to talk with your child about what he or she has just heard. After each story, there is a brief list of affirmations which help to settle the message in the minds of both parent and child.

## Book Information

Paperback: 144 pages

Publisher: Watkins Publishing; New edition (April 22, 2014)

Language: English

ISBN-10: 1904292887

ISBN-13: 978-1904292883

Product Dimensions: 7.5 x 0.5 x 9.5 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (9 customer reviews)

Best Sellers Rank: #32,444 in Books (See Top 100 in Books) #3 in [Books > Children's Books > Religions > Eastern](#) #35 in [Books > Children's Books > Fairy Tales, Folk Tales & Myths > Anthologies](#) #76 in [Books > Children's Books > Literature & Fiction > Short Story Collections](#)

Age Range: 4 - 8 years

Grade Level: Preschool - 3

## Customer Reviews

AMAZING book for kids of all ages. My preschoolers have been learning beginner's relaxation techniques at school including deep breathing and using "calming jars" to look at. This book ties in nicely to help kids expand on their relaxation techniques including awareness, breathing, and using your imagination to take you to relaxing places. My 3 1/2 year olds love the variety of short stories,

and I could see them enjoying this up to age 10 or so. We really look forward to selecting one of the many stories each evening, and reading them together helps to get everyone relaxed, calmed, and in tune with their thoughts. I'm ordering a few more copies for friends' birthdays.

Wow - do my kids enjoy these books. We've ordered and now read 5 from the series. They love trying to guess the "moral" or "lesson" from the story and I like the nice use of more advanced vocabulary words with context clues that let my kids guess the meaning of the advanced word when I stop reading and ask them. They are 9 and 11, so when the book suggests ages 4 to 8 they are missing the upper level appeal. The stories are short and we like to read two per night. As with all these in the series they "teach" some great lessons that all kids should learn. We've found ourselves mentioning one of the stories the next day as something about that concept pops up. Great snuggle-time reading.

This book is really unique and special. I think it is worthy of five stars because my daughter seems to relax with its technique and enjoy being included in the stories. As someone who enjoys books, I think it's a must have for a library. I have not seen another book quite like it. The book allows your child to participate in the stories and imagine themselves in parts of the fable. There are some suggested stretching exercises prior to story telling that my daughter truly loves. What a fun, unique edition to any personal library!

I absolutely adore this book! My 7 year old son and I always read before bed, and I love being able to share these unique and lesson-teaching tales. The beautiful wording in these stories reminds me of a guided meditation class and really paints beautiful imagery. I love the affirmations at the end of each story, which always leaves a really positive note for you to take away. Definitely recommend!

Great life lessons at bedtime.

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Playful Parenting: An Exciting New Approach to Raising Children That Will Help You Nurture Close Connections, Solve Behavior Problems, and Encourage Confidence  
Interviewing: BONUS INCLUDED! 37 Ways to Have Unstoppable Confidence in Your Interview! (BONUS INCLUDED! 37 Ways to Have Unstoppable Confidence in Your Interview! GET THE JOB YOU DESERVE!)  
(Volume 1) You Read to Me, I'll Read to You: Very Short Stories to Read Together  
The Tools:

Transform Your Problems into Courage, Confidence, and Creativity Balance and Calm: Adult Coloring Book Art Therapy for Grownups (Adult Coloring Books, Balance Coloring Book, Calm Coloring Book) (Volume 1) Cross-Stitch to Calm: Stitch and De-Stress with 40 Simple Patterns (Craft To Calm) Crochet to Calm: Stitch and De-Stress with 18 Colorful Crochet Patterns (Craft To Calm) Hardwiring Happiness: The New Brain Science of Contentment, Calm, and Confidence Keep Talking German Audio Course - Ten Days to Confidence: Advanced beginner's guide to speaking and understanding with confidence (Teach Yourself: Keep Talking) Rays of Calm: Relaxation for Teenagers (Calm for Kids) Calculate with Confidence, 6e (Morris, Calculate with Confidence) Calculate with Confidence, 5e (Morris, Calculate with Confidence) Crafting Calm: Projects and Practices for Creativity and Contemplation Encouragement Journal & Self Help Workbook: Inspirational Exercises, Motivational Quotes, Writing Prompts & Coloring Pages To Encourage Personal Growth (Inspirational Journals To Write In) (Volume 1) 31 Creative Ways To Love & Encourage Him: One Month To a More Life Giving Relationship (31 Day Challenge) (Volume 2) Coloring Through Cancer: An Adult Coloring Book with 30 Positive Affirmations to Encourage Cancer Survivors (Volume 1) You Read to Me, I'll Read to You: Very Short Fairy Tales to Read Together No-Drama Discipline: The Whole-Brain Way to Calm the Chaos and Nurture Your Child's Developing Mind Overcoming ADHD: Helping Your Child Become Calm, Engaged, and Focused--Without a Pill (Merloyd Lawrence Book)

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