



Naptime Book

Cynthia MacGregor

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Cynthia MacGregor has won the hearts of thousands of parents with her parenting classics. In *The Naptime Book*, she shares sweet, simple, and effective suggestions to help children get their all-important sleep during the day. Current medical thinking indicates that small children should get at least nine hours of sleep at night and a nap during the day. Alarming statistics show that sleep deprivation can lead to countless health, cognition, and social problems. Cynthia MacGregor can help transform naptime into a treat both children and their caregivers look forward to every afternoon, leading to happier, healthier children and more joyful families.

The Naptime Book is full of creative, playful ways to help children relax. Plus the hundreds of story-time activities, quiet games, riddles, and rhymes in this little book will help develop language and number skills. And what book on naps would be complete without a chapter called "Time Out for Mom, Too!" Adults who care for small children all day need to take time for themselves. MacGregor suggests ways to use this time to your own best advantage.

A sweet little book, with illustrations throughout, *The Naptime Book* is perfect for busy parents, tired teachers, and perplexed day-care professionals.

The Naptime Book offers creative solutions to the challenge of naptime as well as a unique opportunity to foster closer relationships with young children. It's a book bound to become dog-eared with repeated use.

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