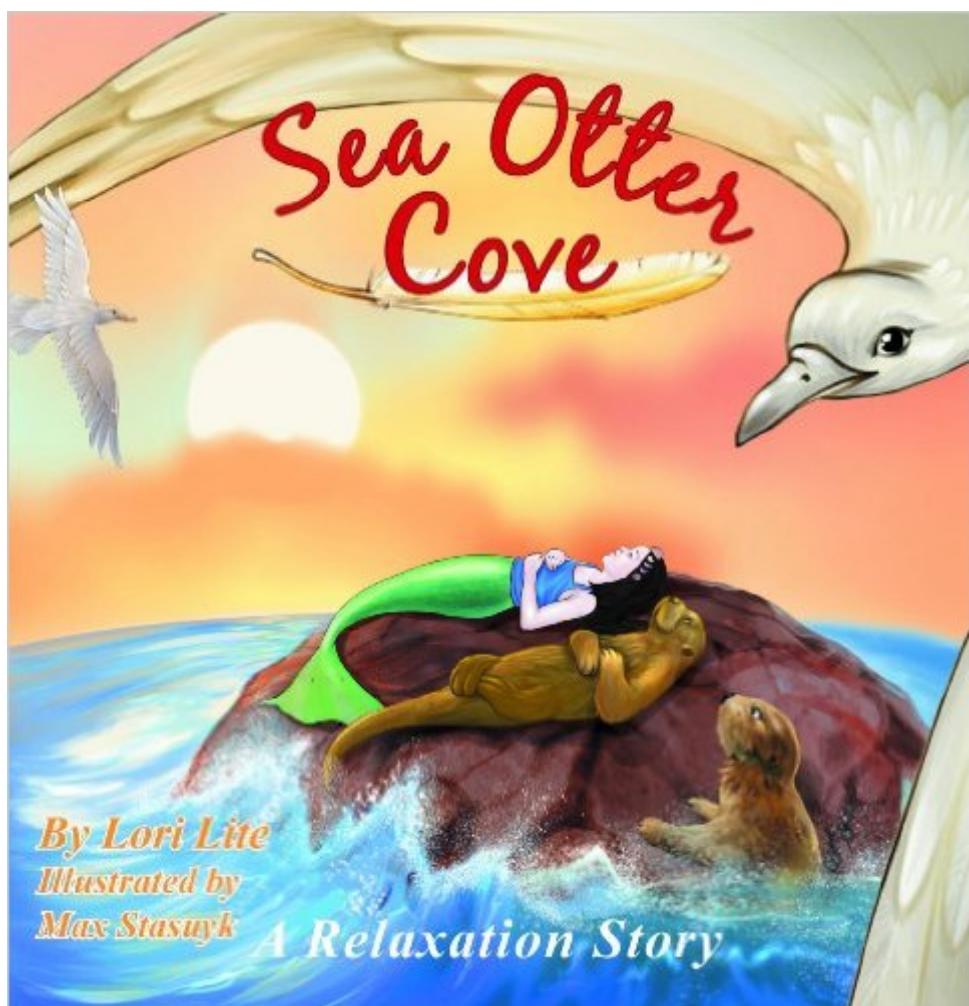


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# Sea Otter Cove: Introducing Relaxation Breathing To Lower Anxiety, Decrease Stress And Control Anger While Promoting Peaceful Sleep



## Synopsis

Sea Otter Cove is a story that teaches children how to use diaphragmatic breathing to calm down, lower stress, and control anger. Children love to experience belly breathing with the playful sea otters and sea child. This self-calming breathing technique can help your child to self-soothe, relax, and manage anger. Children love to experience belly breathing with the playful sea otters and sea child. This effective, self-calming technique also known as diaphragmatic breathing or deep breathing can have a positive impact on your child's health. Focused breathing can lower stress and anxiety levels. It can be used to decrease pain and anger. Delightful characters and this easy breathing exercise encourages your child to slow down, relax, and fall asleep peacefully. If you have enjoyed the classic story for younger children entitled A Boy and A Bear, you will love Sea Otter Cove. This story is ideal for older children or those with a longer attention span. Sea Otter Cove is also featured on the Indigo Ocean Dreams Audio/CD. It is also available in several eBook formats.

**Note to Parent:** Breathing is a simple and effective relaxation and anger management technique. It is usually the first technique therapists and yoga experts will teach for calming the mind and body. Learning to breathe in this way can change your child's life. Breathing can become a tool your child can access at any time and any place. Every child has a different emotional maturity, attention span, and need. While the stories are best suited for ages 6-12, do not let this be your primary reason for selecting. You know your child best and remember this is not about the reading level. The focus is on the actual techniques.

## Book Information

Paperback: 28 pages

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Language: English

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Product Dimensions: 8.5 x 0.1 x 8.5 inches

Shipping Weight: 0.3 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 starsÂ See all reviewsÂ (47 customer reviews)

Best Sellers Rank: #19,233 in Books (See Top 100 in Books) #59 in Books > Children's Books > Animals > Marine Life #154 in Books > Children's Books > Growing Up & Facts of Life > Family Life > Sleep #169 in Books > Children's Books > Growing Up & Facts of Life > Health

Age Range: 6 - 12 years

Grade Level: 1 - 7

## Customer Reviews

Just what the field needed: I had a challenging time in my search for an appropriate book for my young child to learn and practice relaxation exercises. I consulted with my colleagues who specialized in child mental health and was surprised at how limited the options were. Obviously, the field has needed a good children's book that focuses on such a basic skill as diaphragmatic breathing. Sea Otter Cove is such a book. A sweet book with lovely illustrations - one that draws on powerful nature imagery to help children learn to breathe in more calming ways. We first came across it when listening and enjoying a splendid CD called 'Indigo Ocean Dreams' which is an audio compilation of four stories. It is a pleasure to have both the audio version as well as the actual book itself. Together they help reinforce the concept and enhance the practice of such important skills as slow, steady breathing and visualization - skills that will be solid building blocks for relaxation response, sleep induction, pain management and coping with stress, anxiety and anger. A great addition to the field. Thank You!

We have found this book to be very helpful in our new study where we are working with children who exhibit various fears and anxieties. We are happy to see children are able to follow through with the story and be able to relate to some of the scenes in their own way. It is important for more books like these be developed for younger children which allow them to practice skills in groups and individual basis.

Sea Otter Cove is one of several excellent books from Lori Lite, the founder of Stress Free Kids. I first heard of this entrepreneur and author when she landed herself on Shark Tank to pitch her amazing line of books for children and teenagers. The books, and also CD sets, are designed to help with anxiety, stress, anger, relaxation and emotions. What I love about this book is simple: it gives children a visual goal to help them work through the intangible idea of relaxation breathing. It's a tricky concept to get: relaxation breathing - even for some adults. Sea Otter Cove helps children picture a feather floating down from the sky. It helps to envision the feather overhead as child lays back and breathes in and out. The simple counts and repetition are effective and relaxing. Last night I tried this again with my youngest daughter and felt ready to sleep myself. Sea Otter Cove is the story of a sea child who learns to connect to her body, stop worrying and picturing her daily events and just let go. The illustrations by Max Stasuyk are appealing, colourful and friendly. Stress Free

Kids has several fabulous relaxation CD sets. Indigo Dreams, Indigo Dreams: Garden of Wellness and Indigo Ocean Dreams are stories and music to help children cope with stress and sleep issues. Each CD is about 60 minutes. Stress Free Kids states that all 3 CDs empower children to decrease stress, anxiety, anger, sleep problems, and other challenges, while increasing self-esteem. Garden of Wellness also contains affirmations and helps children make healthy eating choices. The CDs are intended for boys or girls aged 5 to 11 years old, but all ages can benefit from the techniques. These are all amazing tools to add to your toolbox for anxious kids, or even neurotypical kids living in a contemporary changing world that sometimes makes stress seem to big to handle. I will seek out more of Lori Lite's CDs and books. This review appeared originally on my blog for parents. [...]

We have the CD and the book version. Sometimes our daughter likes to read along with the CD and sometimes enjoys each separately. Each of the books/CDs in this series offer excellent guided imagery - good for bedtime and general relaxation. Particularly helpful for ADHD, trauma and just plain "snuggie" bedtimes. If interested, you might also consider Charlie Channel - Bedtime Buddy by Charlie Channel in 's mp3 downloads.

This does not work as a story, only a breathing exercise. My 4 year old will never read it again, despite her love of mermaids and otters. There is no sense of character, there is no conflict, no resolution, no action. As a breathing exercise, it might work -- maybe better in audio for guided visualization than for reading as a story. I am sorry I bought this one. Angry Octopus, by the same author, covers similar concepts with a plot line which comes much closer to working as a story.

As a music therapist in a children's hospital, I use this book (as well as the entire series) regularly for children (usually ages 3-10) dealing with chronic or acute pain. It's such a great visual representation for the kids learning about otherwise complex relaxation concepts like progressive muscle relaxation, breathing techniques, and guided imagery. It's been a great way to provide procedural support to younger children and long term education so pain can be managed more effectively and with less pharmaceutical support at home. The illustrations and easy to understand story help my kids visualize appropriate responses to stress. What a great resource!

This is a fabulous tool for any clinician or mom. I bought it for work as a child trauma therapist, the kids love it. It has helped them get to sleep, decreased night terrors, and has helped open the door to the children recognizing what happened was not their fault. As a mom...I began using it at home

with my 11 year old son who has test anxiety and being bullied due to dyslexia. We listen before bed and the morning of the big tests and he is off to school with confidence in a relaxed state.

Social worker, providing services to children in foster care with traumatic histories - this book, and all in Lori Lite's series, are WONDERFUL!!! Such gorgeous imagery, simple yet powerful story telling. THANK YOU for writing such a terrific series!!

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Sea Otter Cove: Introducing relaxation breathing to lower anxiety, decrease stress and control anger while promoting peaceful sleep Indigo Ocean Dreams: 4 Children's Stories Designed to Decrease Stress, Anger and Anxiety while Increasing Self-Esteem and Self-Awareness Indigo Dreams (3 CD Set): Children's Bedtime Stories Designed to Decrease Stress, Anger and Anxiety while Increasing Self-Esteem and Self-Awareness Angry Octopus: An Anger Management Story introducing active progressive muscular relaxation and deep breathing Debbie Macomber Cedar Cove CD Collection 3: 8 Sandpiper Way, 92 Pacific Boulevard (Cedar Cove Series) The Relaxation and Stress Reduction Workbook for Kids: Help for Children to Cope with Stress, Anxiety, and Transitions (Instant Help) Stress-Free: Peaceful Affirmations to Relieve Anxiety and Help You Relax Mandala Adult Coloring Book Stress Relieving Patterns Relaxation: coloring book for Adult and grown ups,Anti-Stress Art Therapy,Stress Relieving Flower Patterns Good Night, Little Sea Otter Adult Coloring Books: Animal Mandala Designs and Stress Relieving Patterns for Anger Release, Adult Relaxation, and Zen (Mandala Animals) (Volume 2) Adult Coloring Books: Animal Mandala Designs and Stress Relieving Patterns for Anger Release, Adult Relaxation, and Zen (Mandala Animals) (Volume 1) Healthy Sleep: Fall Asleep Easily, Sleep More Deeply, Sleep Through the Night, Wake up Refreshed Yoga Mind, Peaceful Mind: Simple Meditations for Overcoming Anxiety Creative Oceans Coloring Book: Adult Coloring Book of Stress Relief Sea Animal Patterns and Designs (Ocean Coloring Book, Lost Ocean, Stress Relief Coloring Book, Anti Stress Coloring Book) (Volume 1) Progressive Relaxation (Relaxation & Stress Reduction (Audio)) The Anger Workbook for Teens: Activities to Help You Deal with Anger and Frustration The Skinny Ice Cream Maker: Delicious Lower Fat, Lower Calorie Ice Cream, Frozen Yogurt & Sorbet Recipes For Your Ice Cream Maker Anger Experiences: Group Member Workbook (Anger Management) (Volume 1) Beyond Anger: A Guide for Men: How to Free Yourself from the Grip of Anger Lower Your Taxes - BIG TIME! 2015 Edition: Wealth Building, Tax Reduction Secrets from an IRS Insider (Lower Your Taxes-Big Time)

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