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# Feet, Go To Sleep



## Synopsis

From the New York Times bestselling author of *Miss Brooks Loves Books!* (and I donâ™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.

## Book Information

Lexile Measure: AD280L (What's this?)

Hardcover: 32 pages

Publisher: Knopf Books for Young Readers (May 12, 2015)

Language: English

ISBN-10: 0449813258

ISBN-13: 978-0449813256

Product Dimensions: 8.4 x 0.3 x 10.3 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars See all reviews (7 customer reviews)

Best Sellers Rank: #190,601 in Books (See Top 100 in Books) #51 in Books > Children's Books > Early Learning > Basic Concepts > Body #499 in Books > Children's Books > Growing Up & Facts of Life > Family Life > Multigenerational #749 in Books > Children's Books > Growing Up & Facts of Life > Family Life > Sleep

Age Range: 3 - 7 years

Grade Level: Preschool - 2

## Customer Reviews

When I saw the cover of *FEET, GO TO SLEEP*, I knew my niece would enjoy the book. The little girl wearing glasses and doing a headstand would definitely appeal to her. (My niece is currently working on her aerial and generally terrifying any adult in her vicinity.) It's also aimed right at my nephew's age group. Barbara Bottner's text walks that little girl, Fiona, through going to sleep, body

part by body part. Maggie Smith's images work well with the text. The book has a dual-image layout, where Fiona going to sleep is in a small box and the bigger image shows just how she used that body part on her seaside vacation. The text and illustrations work very well together. One touch I particularly loved is that Fiona's cousins (who she chases with her legs) are black. It's a small detail that isn't commented on, but is appreciated. Children are great at picking over the details in picture books through multiple readings. I'm sure any adult who reads kids to sleep is used to the cry of "One more book!" FEET, GO TO SLEEP makes for a good finish to bedtime reading. Fiona's method of going to sleep, bit by bit, is very helpful and soothing. (The details about how Fiona gets up to mischief during the day do keep the book from being a snore.) FEET, GO TO SLEEP is a good nighttime read.

This is the best bedtime book I have ever read to calm children down at bedtime to get them to sleep. Barbara Bottner uses all of the senses to help the reader meditate on calming their body to be able to rest and sleep peacefully. Her use of illustrations and prose to tell the story are a perfect combination for the excited youngster who needs to get some sleep. Calming yet fun in recalling the excitement for each body part that day. Great tool for any parent, caregiver, etc. In fact, I myself tried this method last night to relax my body and it worked quite well. I found the exercise delightful to my sleepy mind. Every child should own this book. Published by Alfred A. Knopf Books for Young Readers.

My daughters love this book and I love reading it to them!

Really cute bedtime book. You know, feet that did this, go to sleep. Very fun!

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