

Local Author Releases Kids' Bedtime Activity Book

Grace Thoma of Lebanon recently created a children's bedtime activity called "The Dreamweaver," based on her "practical experiences as a Mom" as well as advice from child and dream experts.

"The Dreamweaver is a fun and soothing bedtime activity. The Dreamweaver was created to help children focus on happy, soothing images before falling asleep and aids them in having pleasant dreams," Thoma said.

The Dreamweaver is designed to teach children how to focus on pleasant thoughts before going to sleep.

In a world where young children are exposed to all kinds of frightening images during the day, The Dreamweaver soothing bedtime activity helps to re-direct their thoughts to more comforting images and ease them into pleasant dreams.

The Dreamweaver consists of the "I Love Dreaming" Book, which talks to your child about the joys of dreaming, The Dreamweaver Spinner Board, 27 colorful, fun stickers and a Parent's Guide.

For additional information contact: John Thoma, Twinbrook Publishing 534-6799 or 534-0109.