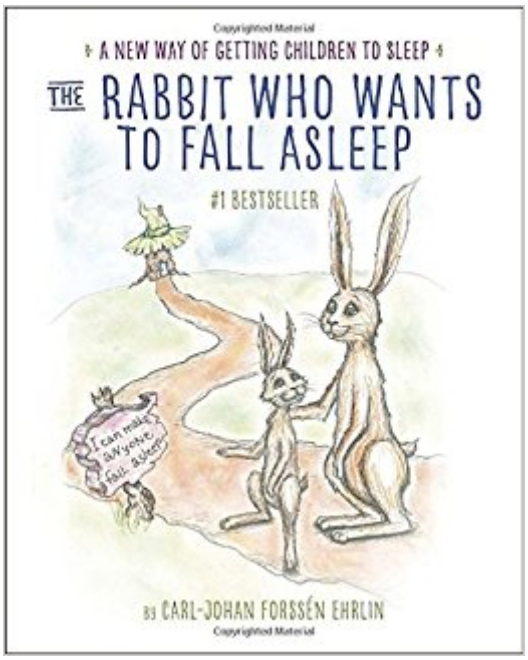
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The Rabbit Who Wants To Fall Asleep: A New Way Of Getting Children To Sleep



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Synopsis

"The magical book that will have your kids asleep in minutes."Ã Â Ã¢â ¬â •The New York PostThis groundbreaking #1 international bestseller is sure to put an end to nightly bedtime battles. Children and parents everywhere can't stop raving about this book!Ã Â Do you struggle with getting your child to fall asleep?Ã Â Join parents all over the world who have embracedÃ Â The Rabbit Who Wants to Fall AsleepÃ Â as their new nightly routine.Ã Â When Roger canÃ¢â ¬â„¢t fall asleep, Mommy Rabbit takes him to see Uncle Yawn, who knows just what to do. Children will join Roger on his journey and be lulled to sleep alongside their new friend.Ã Â Carl-Johan ForssÃƒÂ©n EhrlinÃ¢â ¬â„¢s simple story uses a unique and distinct language pattern that will help your child relax and fall asleepÃ¢â ¬â •at bedtime or naptime.Ã Â Reclaim bedtime today! New York TimesÃ Â Bestseller USA TodayÃ Â Bestseller Publishers WeeklyÃ Â Bestseller Translated into 43 Languages Ã Â Ã¢â ¬Å“On the cover of [The Rabbit Who Wants to Fall Asleep] thereÃ¢â ¬â„¢s a sign that reads, Ã¢â ¬Ëœl can make anyone fall asleepÃ¢â ¬â„¢Ã¢â ¬â •and thatÃ¢â ¬â„¢s a promise sleep-deprived parents canÃ¢â ¬â„¢t resist.Ã¢â ¬Â• Ã¢â ¬â •NPR Ã Â Ã¢â ¬Å“For many parents, getting kids to fall asleep can be a nightmare. But [The Rabbit Who Wants to Fall Asleep] . . . promises to make the process easier and help kids to drift off to sleep faster.Ã¢â ¬Â• Ã¢â ¬â •CBS News Ã Â Ã¢â ¬Å“A book whose powerfully soporific effects my son is helpless to resist.Ã¢â ¬Â• Ã¢â ¬â •The New York Times

Book Information

Lexile Measure: AD930L (What's this?)

Hardcover: 32 pages

Publisher: Crown Books for Young Readers (October 2, 2015)

Language: English

ISBN-10: 0399554130

ISBN-13: 978-0399554131

Product Dimensions: 8.2 x 0.3 x 10.2 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 3.3 out of 5 stars 2,011 customer reviews

Best Sellers Rank: #2,650 in Books (See Top 100 in Books) #5 inÃ Â Books > Children's Books > Growing Up & Facts of Life > Health > Personal Hygiene #6 inÃ Â Books > Children's Books > Animals > Rabbits #10 inÃ Â Books > Children's Books > Growing Up & Facts of Life > Family Life > Multigenerational

Age Range: 3 - 7 years

Grade Level: Preschool - 2

Customer Reviews

PreS-Gr 2Ã¢â ¬â •Roger the Rabbit cannot fall asleep. His father has nodded off, as have his siblings. His mother suggests that she and Roger take a walk to visit Uncle Yawn, "who was the world's kindest wizard and who lived just on the other side of the meadow." Written with a specific language pattern based on psychological techniques, this rather verbose picture book offers harried and desperate parents the promise of a magical story that will soothe their children to sleep, while offering relaxation and mindfulness techniques to help children take control of their thoughts and prepare for slumber. The artwork is mediocre and does not enhance the text. But according to the author's note in the front of the book, the artwork matters little; Ehrlin tells parents that "it is best if the child is lying down while listening, instead of looking at the pictures, so that he or she can relax even more." Ultimately, the book is instructional and didactic, specifically written for children who experience great difficulty winding down at the end of the day. VERDICT Most people should stick with the bedtime classics that soothe and calm, such as Margaret Wise Brown's Goodnight Moon, Mem Fox's Time for Bed, or Peggy Rathman's Goodnight Gorilla.Ã¢â ¬â •Lisa Kropp, Suffolk Cooperative Library System, Bellport, NY

Carl-Johan ForssÃƒÂ©n Ehrlin is a behavioral scientist with a bachelorÃ¢â ¬â„¢s degree in psychology and a teacher of communications at a Swedish university. He is also a life coach and leadership trainer. Carl-Johan has combined all these skills and experiences in developing the techniques in this book. Read more about the author at carl-johan.com.

I just heard about the book and ordered the hardcopy.A short while later I was informed by my spouse that my two little ones were still up and amped for their first day of school (tomorrow), so I added the Kindle version and downloaded it for immediate help.Note: Reading on an iPad in a dark room created its own distraction. Not recommended. I'll use this version when we travel and use the hardcopy at home.The book has you insert your child's name in, so I used the more active and harder-to-sleep one's name.The forward suggests that it might take a few reads to get the pattern down and warns of unusual phrasings in the book which is certainly true.The book is a lot longer than I thought it would be and the way the iPad breaks it up I kept thinking the book was over, when a new section would start. This should allow easy stopping points on later to check on the kiddos

and end the book if they are out.It took almost the whole book, but mine were out - and the one that never falls asleep first (whose name I was using throughout) was sleeping first.I downloaded the book while they were running up and down the hallway, 20min later I typed this review.

This book was amazing. Granted, I have only used it once so far, but it was even worth the price for one blissful bedtime routine. My kids have NEVER fallen asleep while we read to them, not a ONE. They usually fall asleep after a couple stories, another trip to the bathroom, a sip of water, etc etc etc. It can take a while! Last night all THREE kids fell asleep before I had finished half of the book. Amazing!

That’s what my 3 almost 4 year old told me the other day. Rarely does the story need to finish before he is out.He has a very active imagination so much so that I wouldn’t mind having the dreams he has. He wakes up talking up a storm and goes to sleep doing that as well.I think this book allows him to use his imagination when he goes to sleep. Even for me I need to replay or imagine things to go to sleep so I understand what he needs at bedtime.I wish I had known/had access to this book when I had the same going to sleep problems with my oldest.With this book he still wakes up almost every night when I am headed off to bed but I at least get a couple of hours of relaxing before that happens.

It worked for us. We are reading it every night. The first and second night my wife had to take over and read it a second time. After the second night my 4 year old was requesting it, and needed only one reading. it worked slightly better each night, and by the 6th night I can put my son to sleep before the book is done, without "tagging in" my wife, who normally has to be with him in the last stages before he will actually fall asleep. This is a first for us. We will be keeping this as his "fall asleep" book for a long long time.

My kids (2.5 and 3.5 years) usually take a long time to wind down at night. We often look on the video monitor and see our 3 year old son out of bed and hopping around his room! We bought this book for our first vacation where our family of four would be in one hotel room. We were sure our kids would never sleep! On night one, I began to read this and my son was still very antsy when I was almost finished, but then was asleep by the last page. My daughter fell asleep immediately after. On night two, almost the same thing happened, except my husband fell asleep before the kids... Tonight, night three, my son was especially hyped up from an exciting day of vacation. My

daughter was asleep halfway through the first reading, but my son kept hopping out of bed to run around. So we put him back in bed and I started it again. This time, he was asleep on the fourth page! It is true that it takes a few times to get used to the cadence and odd speaking pattern, but whatever it is, it has worked and made our vacation so much easier and restful!!

My 14 month old fights sleep every night and nap time. It’s a battle of the wills... I have tried soothing music, lotions, stories, infused oils, quiet time, you name it. I even have resorted to car rides and a bottle... It’s still a fight and one of us generally ends up in tears. I gave this book a shot out of shear desperation. (I felt silly reading it as it instructs, but nonetheless, persevered, and am so glad I did!!!)He tossed, turned, and flopped while I was reading this book to him.By the last page, he was sound asleep, snuggled up to his blanket. Best $9 I have ever spent! I will be buying for all of my new mom friends and recommending to others!

I have had trouble getting my two toddlers to sleep at night for a long time. I’m exhausted and have tried everything it seems! I found an ad for this book and in the throws of frustration purchased it tonight. I got through the story one and a half times and they were both sound asleep! They still fought sleep, but for them to fall asleep in twenty minutes is unheard of!!!I literally cannot wait to try it again tomorrow and am looking forward to a peaceful nights sleep for me!

OMG!!!!! So my mother tells me about this book and how it’s the "miracle book" for getting children to fall asleep. I was really skeptical because my son can’t fall asleep for nothing it like pulling teeth to get him to go to sleep. He also has problems of sitting in one place and just relax. So I look at reviews about how amazing this book is so I went with my gut and bought the book. OMG MONEY WELL SPENT Not only did my son relax and sit down and listen he literally fell asleep by the fourth page and the funny part of the story my husband was out by the fifth page. I’m so happy I bought this book. Hopefully I will continue to have more relaxing bed times.

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