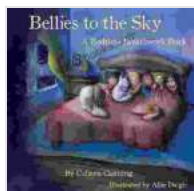


Bellies to the Sky: The Ultimate Guide to Bedtime Breathwork for Kids



Bellies to the Sky: A Bedtime Breathwork Book

by Colleen Canning

★★★★☆ 4.5 out of 5

Language : English

File size : 7160 KB

Screen Reader : Supported

Print length : 56 pages

Lending : Enabled



Do you have a child who has trouble falling asleep? Do they wake up frequently during the night? Do they seem restless or anxious at bedtime?

If so, you're not alone. Millions of children struggle with sleep problems, and it can be a real challenge for parents. But there is hope! Bedtime breathwork is a simple and effective way to help your child relax, fall asleep faster, and sleep more soundly.

Bedtime breathwork is a form of mindfulness meditation that uses the breath to calm the body and mind. It is a gentle practice that is safe for children of all ages.

The benefits of bedtime breathwork are numerous. It can help children to:

- Relax and de-stress

- Fall asleep faster
- Sleep more soundly
- Reduce anxiety and stress
- Improve focus and concentration
- Boost the immune system

If you're looking for a way to help your child sleep better, bedtime breathwork is a great option. It is a simple and effective practice that can make a big difference in your child's sleep.

How to Do Bedtime Breathwork

Bedtime breathwork is a simple practice that can be done in just a few minutes. Here are the steps:

1. Have your child lie down on their back in a comfortable position.
2. Place one hand on their belly and the other hand on their chest.
3. Instruct your child to take a deep breath in through their nose, filling their belly with air.
4. As they exhale, instruct them to let their belly deflate like a balloon.
5. Repeat this process for 5-10 minutes, or until your child falls asleep.

You can also use bedtime breathwork to help your child fall back asleep if they wake up during the night. Simply follow the steps above until your child falls back asleep.

Tips for Success

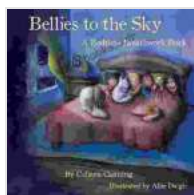
Here are a few tips to help you make bedtime breathwork a success:

- Start by practicing bedtime breathwork for a few minutes each night. Gradually increase the time as your child becomes more comfortable with the practice.
- Create a relaxing bedtime routine that includes bedtime breathwork. This will help your child to wind down before bed.
- Be patient and consistent with bedtime breathwork. It may take some time for your child to see the benefits.

Bedtime breathwork is a simple and effective way to help your child relax, fall asleep faster, and sleep more soundly. It is a gentle practice that is safe for children of all ages and can make a big difference in your child's sleep.

If you're looking for a way to help your child sleep better, I encourage you to give bedtime breathwork a try. It is a simple and effective practice that can make a big difference in your child's life.

Free Download your copy of Bellies to the Sky today!



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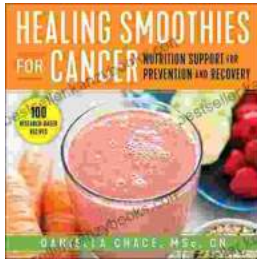
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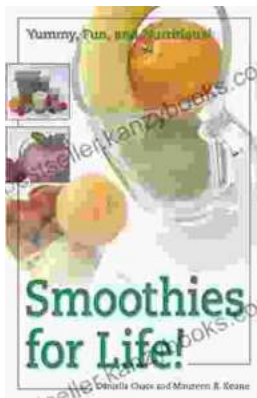
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