

# Bedtime Imagination

THE COLORS OF A CHILDS MIND

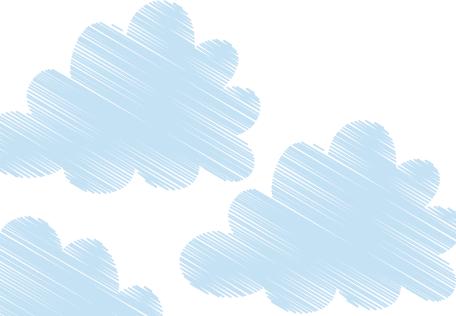
# PARENT GUIDE



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## INTRODUCTION



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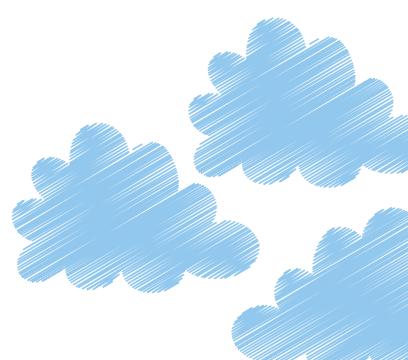
## THE STORY OF BEDTIME IMAGINATION

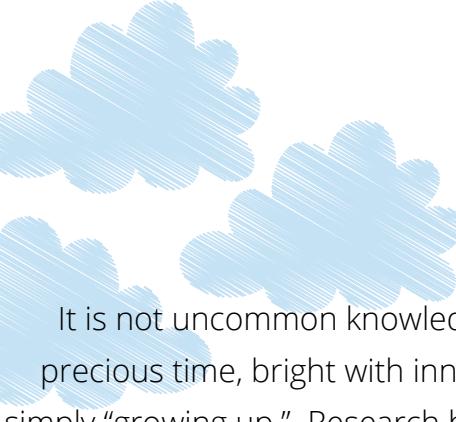
In today's ever-changing and challenging world, parents are seeking ways to strengthen their children's creative capacities and learning abilities while at the same time, instilling qualities of relaxed well-being, confidence and self-esteem. As parents of two beautiful and dynamic daughters, we became actively involved in this search only to find very little material developed for children with respect to free imagination, relaxation and focused attention exercises. To fill this void, we began making up little games to "play" at bedtime when our oldest was just out of diapers.

Our daughter had from the beginning been precocious, high energy and, for lack of a better word, driven. (She remains so to this day). As she moved from her second into her third year, it became apparent that traditional methods for getting her to nap or go to sleep at a reasonable hour were simply not working. We had tried endless lullabies, bedtime stories, warm milk, playing music on our guitar and even lying down with her. All of these methods and more were attempted on their own and in combination. Nothing worked! She simply proved to be smarter than us and seemed to anticipate every method skillfully thwarting them at every turn. The results were that she would stay awake until she became irritable and often intractable. For ourselves, we were frustrated, fatigued and at a loss. Friends and family suggested seeing a doctor and considering drugs or some other method. This was unacceptable to us.

One night when nothing else was working, we became inspired to try a simple version of some old breathing and free imagination techniques we had used ourselves with some success. We explained to her that we were going to play a little game while we were going to sleep, and would she like to play along with us? Naturally the idea of playing a game instead of going to sleep was just what she wanted to hear. To our surprise, she was asleep in a matter of minutes with an amazing smile on her face.

From that time, she wanted to play the "Bedtime Game" every night, and the games began to grow and change. As years went by, friends of hers began to come for sleepovers, and along the way we had expanded our family to another miraculous daughter. Their friends began to request the "game." It wasn't long before the parents of these kids were calling asking us about the color games and how to play them at home to help when their bedtimes became difficult. It was from these experiences and in that spirit that ***Bedtime Imagination*** was born as an ever-growing collection of creative imagination experiences especially for children's bedtime.





# BEDTIME IMPORTANCE

It is not uncommon knowledge that early on in life, the mind is more open, flexible and receptive. This is a precious time, bright with innocence and openness which seems to dim all too quickly beneath the clouds of simply "growing up." Research bears out that the time just before sleep is one of special openness for the human brain, a special opportunity for the sharing of feelings and values between parent and child. Bedtime is perhaps the best time in these active days of a child's life to begin learning skills of attention, focus, concentration and creative imagination.

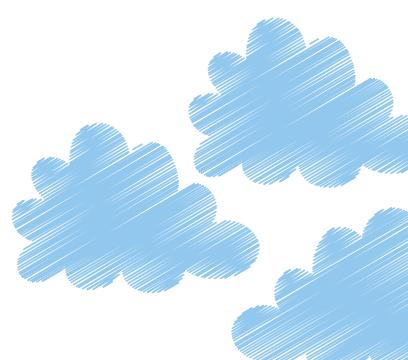
Virtually every great advancement, work of art, or achievement for humanity began first as a creative idea.

**Bedtime Imagination's** goal is to enable a child to freely create in the loving safety of their own thoughts building the basis for the confident, focused, relaxed, and imaginative adult they will one day become. Not far removed from the well-known bedtime exercise "counting sheep," **Bedtime Imagination** allows the child to pass lovingly into a deep, restful sleep that will create happy and prosperous days.

## SPECIAL PARENT NOTE

Bedtime Imagination is not designed to take the place of a parent. In fact, it is only with the loving support and, understanding and reinforcement of the adult in a child's life that a true positive impact can be realized. As a child's skills at the games grow, it is not uncommon that they begin to request them on a nightly basis. However, it is our feeling that a healthy balance of parent interaction such as stories should remain.

It is never our intention that Bedtime Imagination ever become a magical "go to sleep machine" for the parent. This should be an opportunity to create a unique bedtime experience for a parent and child to which you can both look forward. On one last note, never ever use bedtime as punishment. The effects of this are negative and enduring. Loving, relaxed sleep times will pay long lasting and unexpected rewards for a lifetime.



# THE POWER OF POSITIVITY

Research has proven that the average child hears the word "no" in various contexts thousands of times before the age of five. They are told by adults how to dress, what to eat, where to go and how to act. In virtually almost every aspect of their lives, they are powerless.

It is very important that you as a parent be completely supportive of your child's experiences with these games. The power of this program is that these experiences lies in the fact, for a brief period before going to sleep, the child has complete creative control of their thoughts without the outside voice of authority from an adult or any other.

In this fast-paced, competitive age, we are often pressured to excel, and this pressure is many times can be projected onto our children. In this one instance, we have the chance to exercise confidence in our children's given powers of concentration and creativity that they might reach their true potential. We must have faith that it is the uniqueness of our child's particular vision which is their gift and their vehicle to rise above and apart from all the others of this world. These visualizations will open channels in many a child's mind that will be at first surprising and at times, even a little unsettling, however we must remain loving, positive and supportive of each experience as a part of an overall process, a creative journey of growth that can be a true adventure for you and your child.



# GAME PREPARATION

## 5 EASY STEPS



### BEDTIME ROUTINE

It is best to begin the game after all bedtime routines are completed such as brushing teeth, stories, prayers and goodnight kisses.



### GET COMFORTABLE

Attempt to make your child as comfortable as possible. A suggested position we suggest is lying flat on the back with a small pillow under the knees, feet slightly spread and hands to sides or folded on the chest. It is most important that the child be comfortable, so if there is any hesitation or discomfort, gently allow the child to get into their most familiar position and reinforce showing your approval with a soft word or touch.



### VOLUME & SOUND

The game should be played at a volume loud enough to be heard yet soft enough to require attentive listening.



### SUPPORT

It is also recommended you please listen along with the child and try to play along at least the first time or two. This will familiarize you with the games and make it easier for you to help with any questions they may have.



### JOURNAL & CREATIVITY

#### ( A MORNING OR AFTERNOON EXERCISE )

It is also a great and fun exercise in the morning to encourage the child to draw a picture of what they saw in the game as they were going to sleep. This completes the creative cycle to which we referred above: the act of taking an original creative thought and bringing it into reality.

**NOTE -** Let the game play to the end. If the child wants to play it more than once this is also encouraged and has been known to relax and drift to dream land.



# ABOUT BEDTIME IMAGINATION COLLECTION

## THE POWER OF "I"

The music and sounds for ***Bedtime Imagination*** flow openly to allow for optimum free association, flexibility and "control" for the child leading to relaxation, inner peace, well-being, self-esteem, personal power and confidence.

***Bedtime Imagination*** employs use of the personal pronoun, "I." This is the exact opposite of the second person, "You," found in other games and exercises of this nature. For example, you may be familiar with scripts which might include statements such as: "You are feeling completely relaxed." "Your body is at rest." "You are very happy at this time." In ***Bedtime Imagination***, the narrator is merely "playing the game" with no suggestion or coercion demand for the listener to join.

## REASONS BEDTIME IMAGINATION IMPLEMENTS "I"

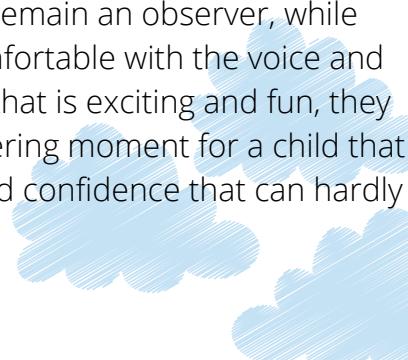
### THE POWER OF "YOU"

Often in children as well as adults, the word "you" in the context of instruction or correction can awaken negative feelings associated with situations such as commands ("You had better mind your manners."), criticism ("You are so messy."), punishment ("You are grounded until further notice.") and all the way to cruelty ("You make me sick.")

Just before sleep, the mind slips through different stages of consciousness. As the conscious mind relaxes, more and more it begins to absorb input often not with the intended meanings but with the literal interpretations of the words as they relate to the brain's experiences. Often in the "literal mind" of the child there is a level of frustration, impotence, and even resentment built up from living in a world of grownups constantly directing, qualifying and criticizing behavior. It is not hard to imagine that most of us react with a bit of apprehension upon hearing the word "you" directed at us, because it very basically implies someone else's perception or evaluation of us.

### RELAX & EMPOWER WITH "I"

In the first stages of relaxation, the use of the word "I" allows the listening child to remain an observer, while creating the opportunity of conscious choice. The child follows along becoming comfortable with the voice and the direction of the game. Like a child seeing a game being played on a playground that is exciting and fun, they make their own decision to join in. No adult has made it for them. This is an empowering moment for a child that is so rare in their lives -. This is the beginnings of personal strength, development, and confidence that can hardly be found elsewhere at these ages.

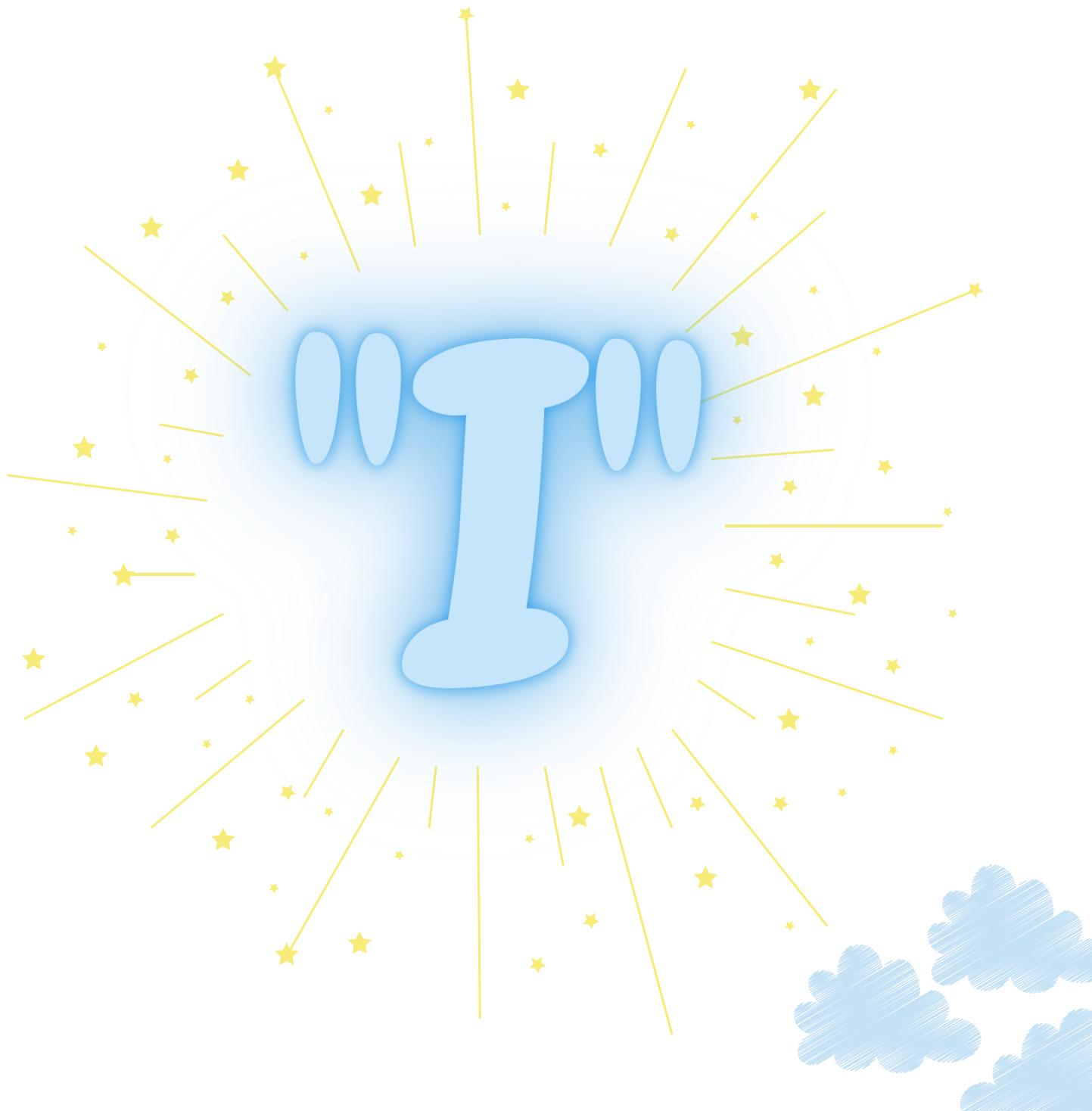


## **RELAX & EMPOWER WITH "I" ( CONTINUED )**

After the child has made the empowered choice to participate in the game, they take on the journey as their own in present time. This is as opposed to other games and exercises that feel like commands being given for someone else or by an adult authority figure from the outside.

The narrator's use of the pronoun "I" over time allows the child to experience participating and creating the process rather than through secondhand instruction. The result is the development of inner strength, confidence and self-esteem growing from working in an environment that offers the child absolute control: the environment of their own mind.

Present tense is always used to offer the child creative control at full power. This brings a measure of mindful presence so the experience is most vivid.



# DAILY BEDTIME TOOLS

## THE POWER OF "FEELING"

Bedtime Imagination also uses "feeling" in the visualizations. With the suggestions of pressure ("soft"), temperature ("warm"), ideals ("truth") and emotion ("love"), the experiences become much more tangible and real. As a result, they are so much more lasting, and memorable in their influence.

## THE POWER OF "PARTICIPATION"

The most important factor Bedtime Imagination offers is its participative qualities. The child is actively making every choice and actually creating the game itself and how it unfolds. Rather than an event that is the result of "outside input," the child is actively involved in every aspect of the game. It is also important the game remains simple and logical. This contributes to the development of the conscious thinking processes, makes it easier to return to similar imaginations, and paves the way to more advanced stages of creativity.

## THE POWER OF "AFFIRMATION"

Using affirmations that empower your self love and abundance are important daily balanced lifestyle. It is important affirmations remain simple, accessible, progressive and logical. This contributes to the development of the conscious thinking processes, facilitates the return to similar states and paves the way to more advanced stages of creativity.

## THE POWER OF "THOUGHT"

All creativity, and in fact all action begins with thought. There is no conceivable act or recognition that was not a thought (conscious or unconscious) before it can be realized. Here is a beautiful opportunity to develop healthy, loving, flexible and creative thought in our children.

In Bedtime Imagination only positive words are used, so only positive impressions remain.

## THE POWER OF "IMAGINATION"

It is important to please remember that a child lives with the idea that anything is possible. They can easily believe they could fly or that there is really a man in the moon. It is effortless for them to create the most magical realities in their own minds. It is for us as parents to do everything in our power to encourage that adventure, to make our children feel safe to dream the most amazing dreams and aspire to the highest of human possibility.

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## WELCOME TO DREAM LAND