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What If Bedtime Didn't Have to be Scary?

“Good Night, Body” helps kids find calm in their bodies through a mindfulness body scan meditation designed for a comforting nighttime routine.

“...presents an engaging, conversational offering about a bedtime routine rooted in mindfulness that every family can use.” - Kirkus Reviews

NASHVILLE, Tenn. (November 2022) – Bedtime can be full of big emotions for kids, and according to research from the [UW School of Medicine](#), the number of children with sleep disturbances has nearly doubled since the Covid-19 pandemic. As more and more parents become faced with bedtime anxiety, it is essential to provide families with resources they can trust to teach their children how to reconnect with their bodies and prepare to sleep.

Author of the popular books *The Boy with Big, Big Feelings* and *The Girl with Big, Big Questions*, Britney Winn Lee’s upcoming picture book ***Good Night, Body: Finding Calm from Head to Toe*** (February 7, 2023, Tommy Nelson), helps children navigate stress, form positive self-perceptions, and strengthen their hearts and minds through a calming body scan meditation.



“From an early age, many of us learned how to disconnect from our bodies,” said Lee. “Body scans can be a great way to counter those tendencies and a powerful tactic to calm anxiety. This book is designed to help children (and their grown-ups!) lovingly reconnect with their bodies and gently invite this part of themselves to find rest.”

Echoing the comforting chants of *Goodnight Moon*, *Good Night, Body* leads children into greeting, moving, and relaxing each body part. With lyrical text and body-positive illustrations, this mindfulness picture book connects kids with who they are inside and out as they reach their arms like a telescope, let their mouths hang like a hammock, dance their fingers like wind chimes, and listen to their hearts beat a reassuring cadence, “you’re loved, you’re loved.”

“My hope is that *Good Night, Body* will offer your little ones an opportunity to reconnect with their true and precious homes – their bodies,” Lee added.

Good Night, Body: Finding Calm from Head to Toe is perfect for

- children 4 to 8 and their parents and caregivers
- families who enjoy yoga and mindfulness exercises
- children who need a relaxing bedtime ritual to smooth the transition from play to sleep
- children who experience anxiety, insomnia, bedtime fears, and intense emotions

Good Night, Body: Finding Calm from Head to Toe (ISBN: 9781400238491) releases on February 7, 2023, everywhere books are sold. Copies of the book and interviews are available upon request.

About Britney Winn Lee

Britney Winn Lee writes to make room. She is a faith-rooted writer and pastor living in Shreveport, LA, with her creative husband and big-hearted son. She is the author of *The Boy with Big, Big Feelings* and *The Girl With Big, Big Questions* and is the editor of *Rally: Litanies for the Lovers of God and Neighbor*. A lifelong lover of the story of faith, Lee centers her work on wrestling through, dreaming about, and experimenting with how to better connect the church with the world. See what she's creating at www.britneywinnlee.com and on social media @britneywinnlee.

About Borghild Fallberg

Borghild Fallberg is an illustrator and graphic designer living in Arendal, Norway. She loves to illustrate cute and thoughtful children's books and to tell stories through expressive characters. When she's not creating books, stickers, cards, and other fun projects, Borghild enjoys hiking, yoga, reading, and learning new skills.

About Tommy Nelson

Tommy Nelson® is the children's division of Thomas Nelson. As a leading provider of Christian content, Tommy Nelson publishes a wide variety of high-quality, enjoyable products that are consistent with the teachings found in the Bible. Tommy Nelson's award-winning products are designed to expand children's imaginations and nurture their faith while inspiring them to develop a personal relationship with Jesus. For more information, visit <https://www.tommynelson.com/>.

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