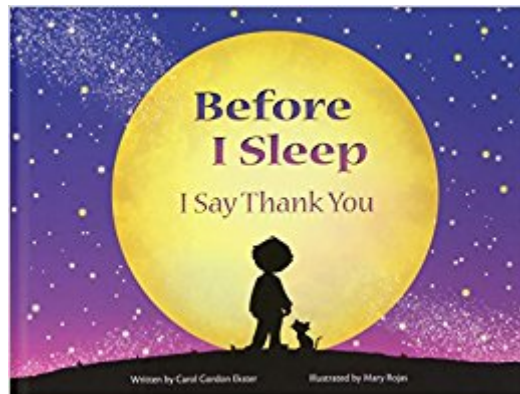




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# **Before I Sleep I Say Thank You**



## Synopsis

With bright and playful illustrations, *Before I Sleep: I Say Thank You* uses a simple bedtime story to help children develop a nightly habit of prayer and gratitude. Now in its third printing, the book was a finalist for the ACP Excellence in Publishing Awards 2016 and a third place winner in the Catholic Press Association awards in the children's book category, 2016. *Before I Sleep* takes readers through the nighttime routine of one little boy with his mother. As they reflect on the day, he recalls both things that he could have done better and blessings throughout his day. With its roots in the Examen prayer, *Before I Sleep* takes you through a bedtime ritual that is common to many religions. Children are encouraged to think about their day and consider both what they could have done better and all the good things that happened that day. *Before I Sleep: I Say Thank You* begins with a note "For Grown-ups" that touches on the Examen prayer and suggests ways to start forming the habit of gratitude and prayer at the end of the day. The note is followed by a bedtime story which shows one family's nighttime prayer routine. The book ends with a simplified version of the Examen that gives young children an example of ways they can be grateful in their own lives. Ideal for children ages 4-8.

## Book Information

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Age Range: 4 - 8 years

Grade Level: Preschool - 3

## Customer Reviews

When not working on her books, Carol spends time doing yoga, reading, and bike riding. She is also

the author of *Where Am I Sleeping Tonight?* (A Story of Divorce) and *Ruth the Sleuth and the Messy Room*. Her first e-book, *Hip Hopping Books*, came out spring 2015 as part of a digital library with Schoolwide, Inc. And a new picture book, *You Know What?*, came out first in Dutch (*Mama, Wist Je Dat?*), December 2016 with Clavis Books, and the English version will follow September 2017. Carol Gordon Ekster was a passionate elementary school teacher for thirty-five years. Now retired, Carol is grateful that her writing allows her to continue communicating with children. She lives in Andover, MA with her husband Mark. Find out more at [carolgordonekster.com](http://carolgordonekster.com)

Gratitude is in short order in this harrowing time. If parents spent more time teaching gracious and thankful behavior and outlooks, they would certainly thank themselves for the outcome. This book can serve as assistant to parents in that way. I appreciated the emphasis on humility, with both parent and child considering things that they would have done differently throughout the day, as well as things they are thankful for. It takes humility to recognize the need to be thankful, and then to pursue an attitude of thankfulness, even if the one we are thanking is someone so obviously higher and mightier than we are. But this book, by its attention to the heart of thankfulness, which is a loving, gracious, and humble spirit, hits a home run when it comes to helping youths to review their day with thanks. This is necessary to do while children are very young, before such bad traits as pride and selfishness make inroads in their heart. I really enjoyed how the illustrator displayed the child's reasons for thankfulness like a bit of film from a movie scrolling across the screen, or page in this case. If teaching your child this wonderful quality is something you desire, don't be afraid to acknowledge the need for the help that a great book like this can provide.

*Before I Sleep I Say Thank You* is a charming tale that teaches children to be thankful for the gifts each new day brings and the second chances we have to make a difference. It's bedtime and after brushing his teeth and zooming to bed in Mom's airplane arms the little boy begins reminiscing about his day. He recalls ways he could have been more helpful like when mom needed assistance picking tomatoes and he decided to play instead. He also shares things he's thankful for like playing soccer and catching frogs. This is a delightfully whimsical story with bright and playful illustrations. I love that it reminds children and parents that each day offers so much to be grateful for. All we have to do is take the time to notice. I highly recommend picking up a copy.

**My Review:** This is a story about a little boy whose favorite part of the day is tuck-in-time. When night falls, he brushes his teeth and get ready for his mom to take him to bed. He like pretending

that she is the train and his is the caboose as they sing

“Choo-choo!” on the way to his room. While in bed, his mother tucks him in nicely and they take a moment to think about their day. Mom talks about her gardening and not stopping to help Ms. Nelson and promised next time to stop and help her. And he said he was sorry he didn’t pick up the tomatoes when she asked and promised to cooperate the next day. They talked some more about their day with family and friends, and then together they thanked God for their day, and what He has given them. What a great way for a child to end their day. By reflecting on their day, recognizing God’s blessings and grace and letting God know how grateful they are for his many blessings. I highly recommend this book for every home. Adults can learn from it too. Great illustrations by Mary Rojas which helps tell the story with warm and bright colors. Disclaimer: As per FTC guidelines, I received a copy of this book from the author in exchange for my honest review. I received no monetary compensation. All opinions expressed here are mine and mine alone.

I absolutely love this story!! My daughter received a copy for Christmas and it has quickly become a family favorite. The story helps children to learn to take time each day and learn to be thankful for the many blessings they received and look for new ways they could do things differently. The illustrations are really delightful and bring the story to life. My daughter loves all the details in the illustrations and I think it helps picture herself in the story. The writer and illustrator did amazing jobs helping children learn to take time each day and thank God for all the blessings, big and little!!

Our family is really enjoying this book. I seek to avoid giving my children hokey or overly pious books, and I have been very pleased with this. It’s images and simplicity are perfect for my four year old daughter to (hopefully!) begin an attitude of thanksgiving and reflection!

I have been looking for a tool to help my daughter and I form a daily gratitude practice. So I was delighted when I heard about this book! The book is based on the Examen prayer. However, most religions have some form of nightly prayer and gratitude, so it can be adapted according to your needs. Since reading the book the first time, my daughter and I have followed the routine suggested in the book every night. Each of us say one thing we are sorry for and five things we are grateful for before she goes to bed. In fact, often my daughter suggests we say more things we are grateful for. I am grateful for this book. I highly recommend it.

Before I Sleep I Say Thank You is a must-read for all young children. As a grandmother of five incredible grandkids, I know how important it is to establish a consistent bedtime routine to ensure a restorative night's sleep. Before I Sleep I Say Thank You is written in a warm, nurturing tone that is both reassuring and helpful in developing a child's sense of self and the world that surrounds us all. More importantly, it instills the notion of self-reflection and gratitude, traits not inherent within young children without the positive guidance of those around them. My grandchildren love the quiet conversation as well as the chance to be heard and understood that Before I Sleep I Say Thank You fosters at the end of this delightful story. What a wonderful way to connect with those children we love!

This is truly a wonderful book.. Makes for a special time with my grandchildren, reflecting on the events of the day and how we are most thankful. Highly recommend!

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