

April 24 2006

Michael Ballard
Resiliency for Life
303-640 Sheppard Avenue East
Toronto ON Canada M2K 1B8

Dear Michael,

I have two children, aged 4 and 7 years, who had the pleasure of reviewing the Imagine Yourself to Sleep Programs created by Drs Bett Sanders and Chuck Cummings. I am happy to say that it put everyone to sleep!

I most definitely noticed a difference in the way that the children go to sleep; they seem to settle down and fall asleep more quickly with the program. The program moves through active and passive relaxation techniques designed to allow children to wind down. The seven year old often would lie down unable to fall asleep long after she was put to bed. This was a concern as it was difficult to wake her up for school. With the use of the Imagine Yourself to Sleep Program, she unwinds more quickly and is gently lulled to sleep by the nature sounds and gentle imagery.

The seven year old loves the “Be a Ball and Bounce” program saying that it is the most calming, but that she falls asleep best with the “Be a Bird and Fly” program as it is longer. The four year old prefers to listen to the “Be a Bird and Fly” program as she loves to pretend to fly to different places and it makes her feel relaxed.

I would most certainly recommend this program. It is a great tool to help children learn how to take control of their bodies which will help them lead a healthier lifestyle.

Best Regards,

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