



GOOD NIGHT LOVE BUG: A FEELINGS IN MOTION BOOK

"It's time to slow down—time to unplug. Let's find a space where you can feel snug."

Author: Sheila E. Hughes

Ages: 2–5

Focus: Self-Management & Sensory Deactivation

A Somatic Tool for Progressive Muscle Relaxation and Sleep Hygiene

This rhythmic bedtime guide uses guided somatic cues to help children "unplug" and settle their nervous systems through a repeatable sequence for anxiety reduction. The book acts as a somatic bridge for children who struggle with the transition from active play to sleep.

Summary

In this tender bedtime ritual, a father uses the nickname "Love Bug" to guide his son through the shift from the day's high energy to a state of rest. As they "read a story—a simple, happy rhyme," the child is led through specific physical cues—from wiggling toes to rolling shoulders—that provide a predictable, calming routine to end the day.

Clinical & Educational & Pillars

- **Progressive Muscle Relaxation (PMR):** Encourages active release of physical tension by instructing the child to "Wiggle all your toes, then squeeze them tight" and "Roll your shoulders in circles."
- **Breath Work & Interoception:** Focuses on the physical sensation of breathing with cues like "Feel your chest rise smoothly, let the air flow," which triggers the parasympathetic nervous system.
- **Guided Imagery:** Uses soothing visualizations— "Picture clouds floating high in the sky"—to shift the child's cognitive focus from the day's events to a calm, imaginative state.

Why Professionals Value It

This book supports children with anxiety, sensory processing challenges, and sleep-onset difficulties. It provides a non-punitive, co-regulation framework for the "bedtime battle," giving children autonomy over their bodies while supporting the transition to rest.

- **Co-Regulation Mastery:** Models a healthy, bonded relationship where the caregiver assists in the child's physiological shift from high energy to calm.
- **Routine Consistency:** Provides a predictable, rhythmic vocabulary that can be used across home and in therapeutic settings to signal safety and rest.
- **Anxiety Reduction:** Teaches repeatable somatic tools that children can eventually use independently to manage internal "wiggles" or night-time ruminations.

Available for professional endorsement and clinical review

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