

FOR Mum and Dad,

who gave me my first box of crayons.

And for Dxo,

who kept me drawing.





ATEMPLAR BOOK

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The illustrations were created with wax crayons and coloured pencils, blended with solvent, and enhanced digitally.

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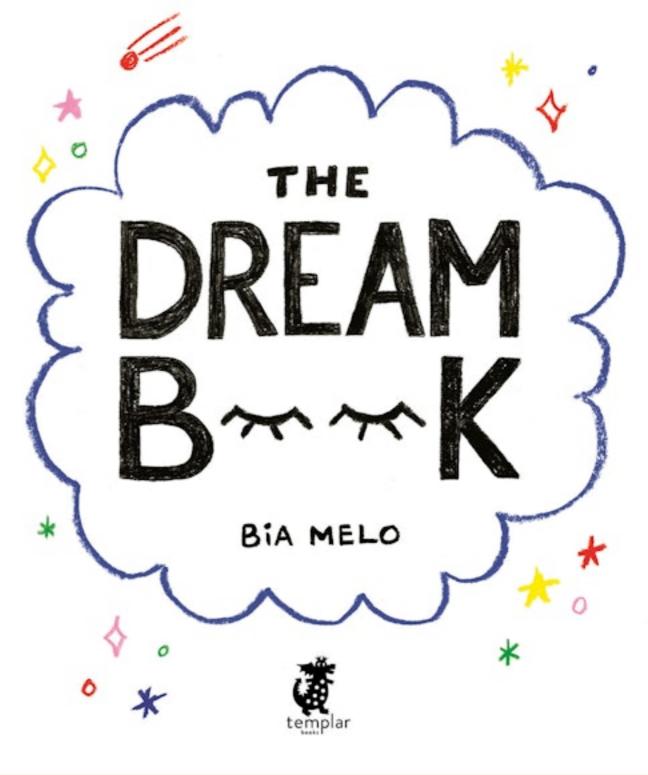
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Thank you to my friends and tutors at the

Cambridge School of Art, who were with me when this book
was only a dream. To Lorna, Amelia and the Templar
team for bringing my first book to life. To my friends
and family for being on this journey with me.











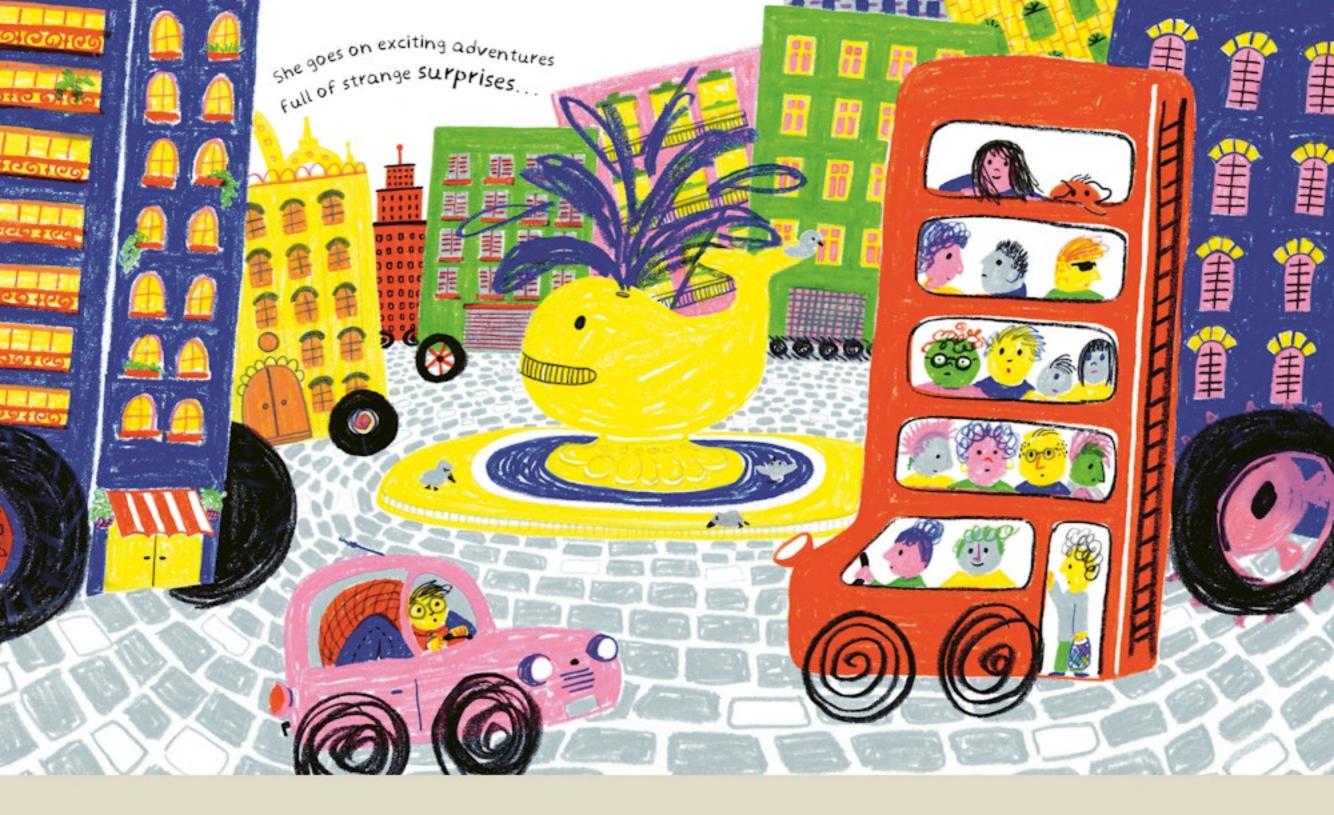
This is **Nina**.

She's no ordinary girl.

Most kids want to stay up past their bedtime.

But not Nina.
In fact, she loves going to sleep...









Yet every morning, the time comes for her to wake up and...



OH NO!
The dream is GONE!







So Nina looks here and there, she searches everywhere!

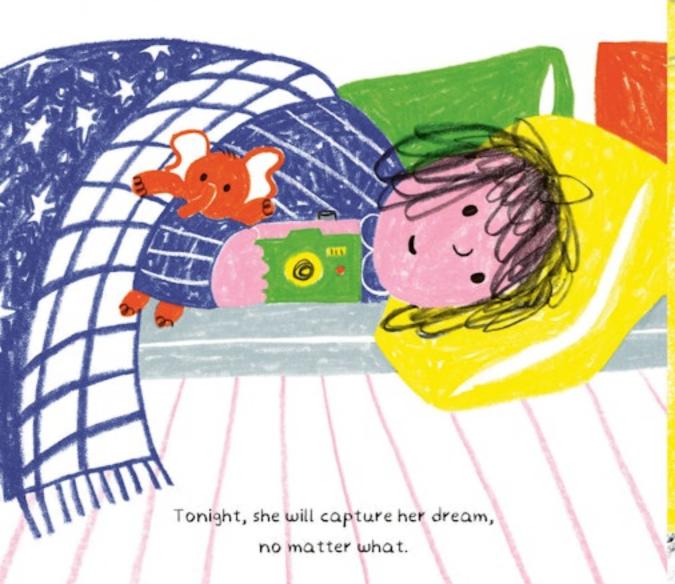




There must be a way to keep my dreams!

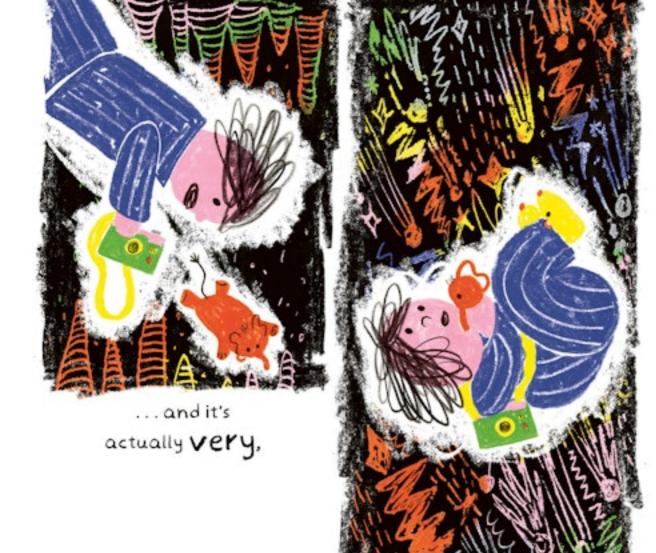
Finally, Nina finds something that just might work...











very...



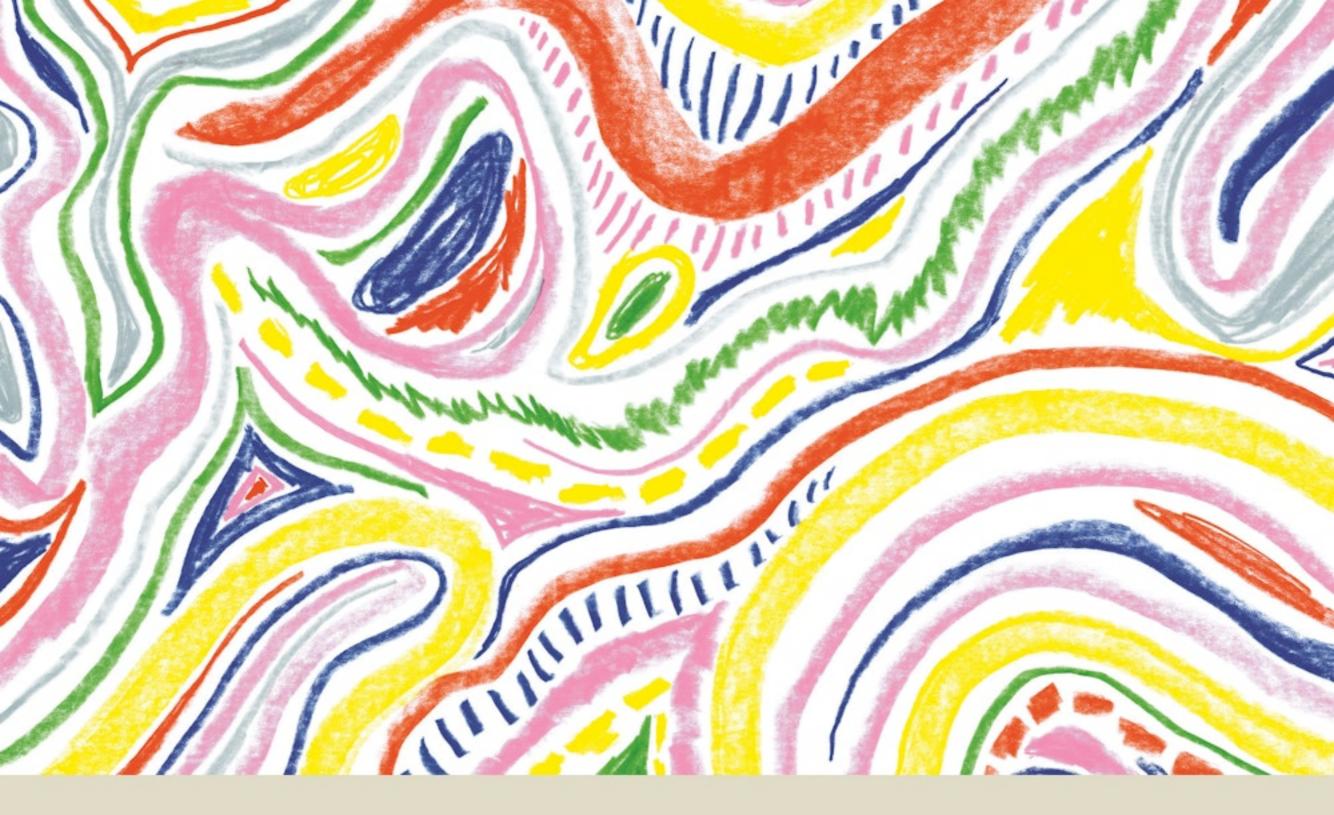




Nina knows that talking about her dream is too tricky. So she has another idea instead!







TIPSFOR GROWN-UPS



DREAMING

Both good and bad dreams are very common for young children, especially between 3 and 5 years old.

Here are some ways to support them during this time: Let them know they can always call out for you

- or come and find you in the night.
- . Explain that dreams can make you feel lots of different ways, and all of those feelings are ok.
- Remind them that dreams are not real and are just made-up pictures of things.
- Give them lots of warmth, including cuddles and reassurance, in the night and again in the
- Ask the child if there is anything they need to feel safe.
- Offer them a drink of water, or to stay with them until they fall back to sleep.

Lizzie Noble is a qualified holistic sleep coach and early years educator with over 25 years' experience. More information can be found here: www.parentingexplorers.com

THE DREAM BOOK

Dream journalling is a great way to help children process and release emotions, understand worries, notice patterns and be creative. Journalling can also help lessen the number of bad dreams as we begin to process them in a new way.

- Let them choose a new notebook to use as their 'dream book'. Here are some tips to get started: This can be A4 paper folded widthways and stapled, which
 - Help them find a place to keep their notebook, and chosen pencil/pen, near their bed so they can reach it easily when
 - Encourage them to draw any people, animals, objects, places or colours they remember.
 - Prompt them to draw a feelings chart for each dream. While dreams are a representation of emotions, it can be difficult for young children to verbalise them. Drawing a colour or emoji-like face will help with processing the dream.
 - Tell them that they can talk about their dreams with you if they'd like to. They may not want to, and that's ok too.



C. BEDTIME A child's bedtime routine and bedroom environment help to support healthy sleep.

- Try these tips to create a calm, relaxing space:
- Try dimming the lights 1-2 hours before bedtime. Use a nightlight. If possible, use a red-toned nightlight, which helps with melatonin release for healthy sleep.
- Move around or take away certain objects in
- their bedroom if they are casting shadows. Follow a structured bedtime ritual, including: bathtime, stories and songs.
- Try a 'bad dream' spray. Use a plain water spray bottle filled with a 'potion' you can make together.
- This can be as simple as water and lavender oil. Choose a special 'sleep buddy', perhaps a cuddly toy or special charm that can be there during sleep.



