



My Own Little House Nighttime

Welcome to Rosy Window Productions Baby is Sleeping. My Own Little House is a guided meditation to promote feelings of safety and to encourage sound sleep.

Guided meditations are designed to quiet your mind and relax your body. Participants may find themselves very relaxed for safety reasons we ask that you do not play the following recording if you or anyone who might be listening is driving or engaged in an activity that required your full attention.

Can you hear the music playing softly? I like to listen to music sometimes, and maybe you do too.

Isn't it nice when baby gets tucked in his Momma covers him up and makes sure he is safe and sound. Just like you get tucked in.... Some babies get tucked in by their Daddies, and some by their aunties or uncles, and some by their Grammies or papa's, it is just wonderful that all the babies have someone to tuck them in. Just like you.

That baby's bed looks different from your bed, and looks different from my bed too...all of our beds are different...but they are warm and safe and cozy.

And when that baby is trying to have a good rest, Momma is there to make sure that the house is calm and quiet, safe and sound, just like when you are trying to rest and your house is kept calm and quiet, safe and sound.

What if you had a tiny little house all of your own...it would have its own little cupboards and its own little tv. It would have its own little bathroom and its own little front door. I wonder what colour the curtains would be...and in your tiny little house you would keep everyone safe, and I bet you could tuck that baby in his bed...you would hear all of the sounds that were in your little house...and you would think to yourself that those are your happy little house sounds.

Maybe you would hear the air conditioner turning on to cool your little house down...and you would say...it's ok baby it is just the fan keeping us cool, I love you and you are safe.

You might even hear the fan on the furnace or the heater turning on...and you would say, that's ok baby the fan is keeping us warm, I love you and you are cozy.

All through your tiny little house there are just sounds that are happening, all day and all night long. Maybe...a dog barking...a cat playing with its toys...a clock ticking or a TV turned on, the sound of the fridge humming, or the click of a computer. All of these sounds are just the way they need to be.

Maybe there would be cars going by on a busy street...and you would say that's ok baby...those are just the cars going by, I love you and you can sleep.

Or maybe you would hear cows mooing in a field close by...and you would say that's ok baby those are just cows talking to each other, I love you and you can sleep all night long.



It is so wonderful that you can keep that baby cozy and warm, safe and loved all through his sleep, just like you are kept safe and loved, cozy and warm when you are tucked in. The sounds around you are just the way they are meant to be...you know that you are safe and loved.

All of our families are different, and none of our homes are quite the same but they all have their own sounds and you know, when we eat our breakfast...we don't even listen to them...when we are eating our dinner we don't listen to them We can work and play, eat and sing, watch a show or play with our friends, we can hug our family, and say good night and sleep and rest and we can be happy that we have the sounds that we do...all those sounds that happen in our home that is always kept so safe.

Just like the Baby who is Sleeping...you know that the sounds around you are hushed as you rest. Just like the Momma keeps the baby safe, you are kept safe, and are loved. And so when we are in our beds we can just sleep all night long and let those wonderful sounds be just the way they are meant to be.

Now our music will be hushed and the sound of my voice will be hushed. In the morning you will be happy to begin a wonderful day, but for now you can drift off nice sleep in your own little bed, feeling loved and safe and ready for a wonderful sleep.

