

Twinkl Educational Publishing Releases Soothing Baby Sleep Album

Doesn't everyone love a good nap? I know I do, and we've come up with something super restful that will not only help your own children to sleep but will create a relaxing classroom environment too!

We've partnered with composer Andrew Swarbrick to create a soothing baby sleep album, and we're delighted to be able to expand our production in this way. The music has been composed to fit in with your children's bedtime routine and has been carefully written to gently fade away to ease your child off to sleep, as it's generally not a good idea to play music throughout the night. This is the perfect companion to the bedtime routine.

According to leading doctors, relaxing music and soothing sounds have a positive health effect on premature babies, while KidsHealth notes that relaxing music comforts and soothes babies and toddlers. Music at bedtime (though not throughout the whole night) can help babies and toddlers feel safe, relaxed and calm, while music during naps can help energy levels decrease and encourage the body to prepare for sleep naturally. Music **can also soothe and comfort older babies and toddlers** who demonstrate separation anxiety or hyperactivity at sleep time.

Composer Andrew Swarbrick said: "As an expectant father and a composer I was really interested in how I could use music in pregnancy and after the birth. A quick search online revealed that music could be a key ingredient to providing a soothing and reassuring atmosphere for young children to unwind, with lots of benefits for parent and child. I thought it would be great to compose and produce a relaxing and soothing album that would be beneficial for babies and young children and enjoyable for parents too."

Blogger Our Home Ed Antics said, "As I am sure you know life with children can be loud, life with four children can be super loud. I decided that I would try the music whilst the children were having a very loud moment. I put it on quietly at first. One by one they noticed the music and quietened down to listen. It saved me from the usual, having to shout over the top of them so that they could hear me. We have decided that we are going to play the music when we are doing individual learning. The children really liked listening to the music."

"Soothing Baby Sleep Music" is available on all major digital platforms. Click on the links below to find out more!

- [iTunes](#)
- [Amazon](#)
- [Spotify](#)
- [Tidal](#)

Listen to the preview track on YouTube by [clicking here](#).

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