



*Rest Easy,  
My Love*

A BEDTIME STORY  
TO READ IN THE DAYTIME

*Terra Vance*

**A NeuroClastic Publication**

Parents, Support Workers, and Caregivers,

Too many of our children live with anxiety all the time.

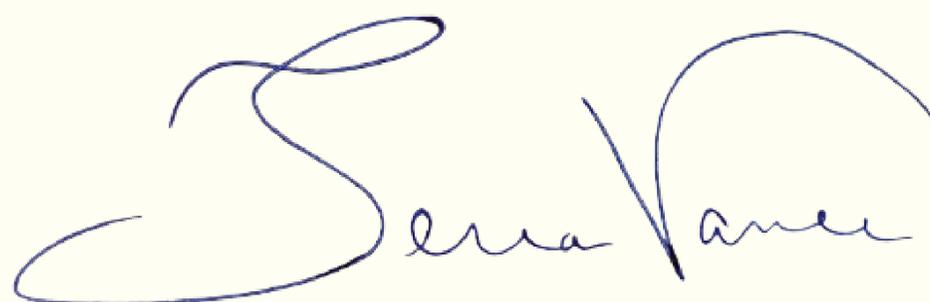
This book was written for those thoughtful, sensitive children who feel so deeply. I wanted to help them understand that there are some things that they don't have to worry about, and there are some things they will never have to worry about being rationed or running out.

Specifically, our neurodivergent children worry so much. They try so hard. The rules don't make sense.

They have struggles and needs they can't always express in ways we can understand.

This book is the first in a series that I hope will help our children rest a little easier.

Please read to the children, your own and the ones who have given you the privilege of their time.

A handwritten signature in blue ink that reads "Serena Vance". The signature is written in a cursive style with a large, looping initial 'S'.

# The Moon



On some nights, you see  
the moon bright and full.



On some nights, you see  
the moon pale and slim.

And on some nights, you  
can't see the moon at all...

*But don't worry...*



Because even when  
it's hiding behind  
the clouds,



Or seems really  
far away,

Or is shining on people  
somewhere else in the  
world,



You can still enjoy the  
stars,



And rest easy,

Because the moon  
always comes back.



# The Air

The air is  
all around  
you.

You can't  
see it,



but when it moves, it  
can lift your kite into  
the sky.

You can  
feel it  
when it's  
cold



...or hot.

You can even smell  
it when it's stinky.



You can breathe it in  
through your nose



or take a deep  
breath with your  
mouth.

We all breathe  
the air,



every day



Grown ups  
breathe air all  
the time, too.



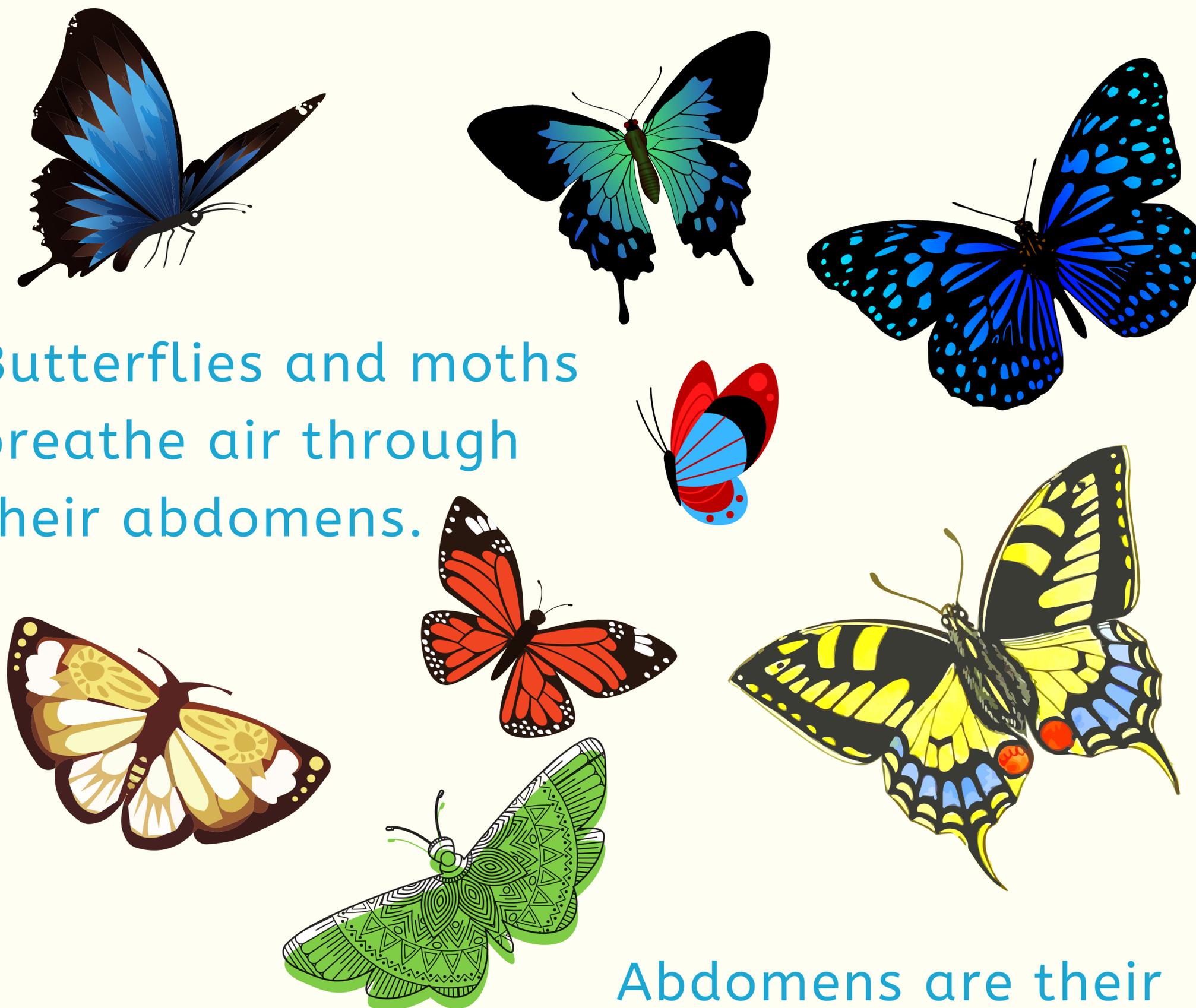
and every night.



Pets breathe air.



Butterflies and moths breathe air through their abdomens.



Abdomens are their long bellies.

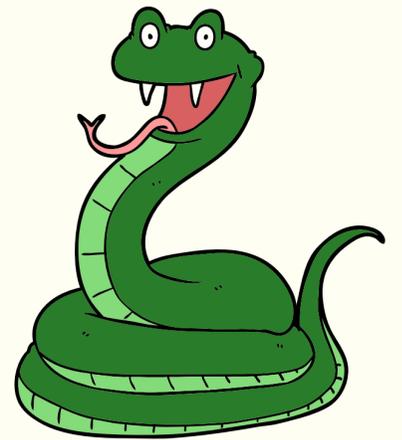
Fresh air is good  
for us.



We need to  
breathe air to  
stay alive.

But rest easy,  
my love, and  
don't worry,





Because even  
though we all  
breathe the air,



everybody, everywhere...

there is always  
enough for us to  
share.



# Having Fun

Everyone likes to have fun...

Balloons can be fun.



Carnivals are fun.





Parties are fun,



and so is making music!





It is fun to play  
with friends,

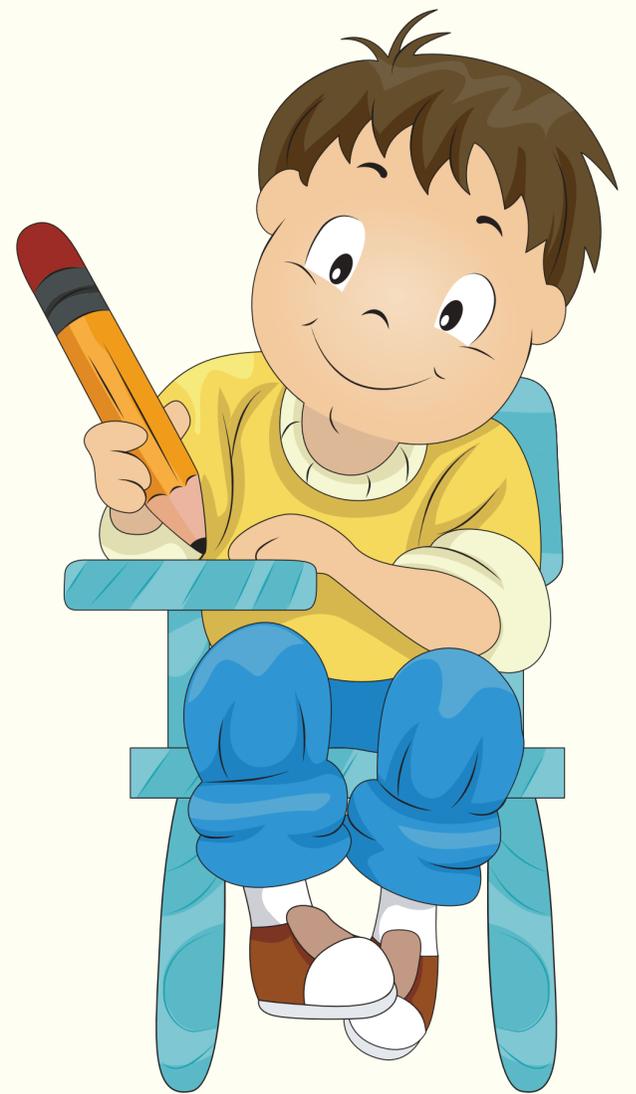
or to be in a play  
with friends.



Making crafts can  
be fun.



Learning can be  
fun,



but sometimes it's  
hard.





Sports are fun,  
and so is winning!



But sometimes it rains.



or you get hurt.



And sometimes you don't win,





Sometimes there is  
no one at the  
playground.

Sometimes  
exciting plans  
change,



and sometimes  
good things go  
wrong.



Even if you are really careful, accidents can still happen.

But rest easy, little one, and don't fret.



No matter how much fun you have, there is always more fun to be had tomorrow.

There are lots of things you don't need to stress about,

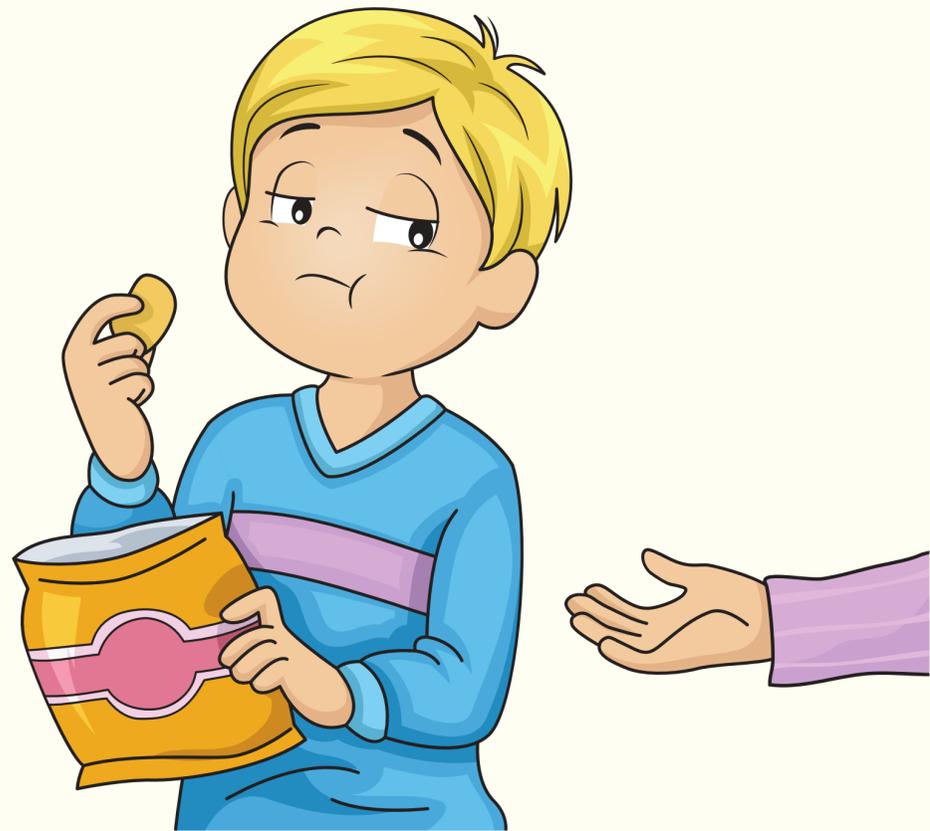


like taking turns, because there are always more turns.

Besides, it's fun to watch others have fun, too!



And it's okay if you  
you share a snack  
because



lunch will be here  
soon enough.



No worries if you don't  
win...





or come in first place.

Trying is important,  
too!



You can always  
have fun cheering for  
friends!





So rest easy, my love.  
You never run out of  
chances to try again.

And no matter how  
much fun you have, you  
can have more later!

SO  
MUCH  
FUN



The moon will always  
come back around to  
glow in your night sky.



The rain will stop,  
and the sun will  
shine through the  
clouds again.

Besides, rain is not so  
bad, anyway,



and you might  
even see a  
rainbow!

