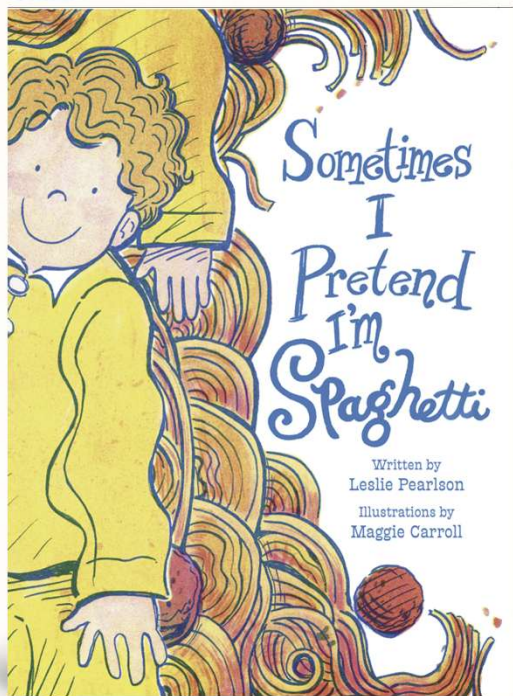




SOMETIMES I PRETEND I'M SPAGHETTI

100+
COPIES SOLD
AT AUTHOR
EVENTS

Written by
Leslie Pearlson
Illustrations by
Maggie Carroll

The bedtime book parents recommend when “Go to sleep” isn’t working.

A playful picture book that transforms bedtime struggles into peaceful moments through imagination, movement, and mindfulness.

When bedtime becomes a battle, imagination can become the solution.

Sometimes I Pretend I'm Spaghetti turns winding down into fun, imaginative pretend exercises that naturally teach children mindfulness, body awareness, and relaxation. While children think they're simply pretending to melt like spaghetti, they're quietly learning calming skills they'll use for life—at bedtime and in big moments.

“This book is an absolute treasure! It wraps mindfulness up in a concept that kids instantly embrace and love. It's calming, beautifully written, and has quickly become a bedtime favorite. If you want a sweet, peaceful way to help your little ones wind down at night, this is the perfect book. Highly recommend!”

— TEACHER & PARENT

WHY BOOKSELLERS LOVE THIS BOOK

- Over 100 copies sold at author events
- Featured at Prairie Hill Waldorf School
- Used by teachers and parents as a bedtime transition tool
- Ideal for story times, family events, and social-emotional learning

ABOUT THE AUTHOR



Leslie Pearlson is a children's author, former parent blogger, and mom to three spirited boys. What began as a creative way to settle her own children's bedtime energy became a mindfulness practice that families can use night after night.

Her stories help children build calm, confidence, and self-awareness while giving parents practical tools that fit naturally into everyday family life.

BOOK DETAILS

AUTHOR
Leslie Pearlson
ILLUSTRATOR
Maggie Carroll

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