

# Parent's Guide to Miss Sofie's Meditation & Hypnosis

## *How to introduce the audio journey with calm and care*

Dear Parent,

Thank you for choosing to offer your child this loving and therapeutic audio journey with Miss Sofie. This short guide will help you create the best possible conditions for your child to benefit from the meditation or hypnosis – and to feel safe and supported in the process.

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### 1. Choose the right time and place

- Use the audio as part of your child's evening bedtime routine – after brushing teeth, pajamas, and story time.
  - Make sure the space is quiet and free from distractions – dim lighting or soft darkness is ideal.
  - A blanket, a teddy, or a favorite pillow can add an extra sense of comfort and security.
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### 2. Introduce Miss Sofie with warmth and curiosity

- Tell your child that **Miss Sofie is a little dog who loves to help children fall asleep** and feel peaceful in their hearts and bodies.
  - You might say something like:  
*"Miss Sofie has made a very special audio journey just for you. She wants to take care of you while you fall asleep and guide you into your dreams."*
  - Use Miss Sofie's name and let your child know she's like a "comfort dog for the ears."
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### 3. Choose the right version

- **Children ages 3–6:** Use *the meditation version* – gentle, story-like and without hypnosis, created especially for younger children.
  - **Children ages 7–10:** Use the hypnosis version – with a soft and safe induction and guided imagery to support deep sleep.  
*If you're unsure, start with the meditation and see how your child responds.*
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### 4. Listen together the first few times

- Be present in the room as your child listens the first couple of times.
- You don't need to say anything – just be there, calm and grounded.

- Many children fall asleep during the audio – and that's perfectly fine. The audio is designed to “fade away” gently as your child drifts off.

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## 5. Talk about the experience – if your child wants to

- Some children want to share what they imagined or felt – others won't. Both are completely natural and equally valuable.
- You can ask open questions like:
  - “How did it feel in your body?”
  - “What did you notice?”
  - “Was there anything you liked?”

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## 6. Repetition builds safety

- Use the meditation or hypnosis several evenings in a row – ideally 5 to 7 consecutive nights – to build a soothing, familiar rhythm.
- Miss Sofie's voice quickly becomes a trusted inner companion your child can rely on.

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## Important to know

- Miss Sofie's audio journeys do not replace professional treatment, but they can be a loving and therapeutic support.
- Children under 8 years old should not receive hypnosis, which is why only the meditation version is recommended for younger children.
- The audio should only be used in safe and restful environments – never while in a car or during active situations.

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## A note to you, the parent

You are doing a good job.

The fact that you're choosing this audio journey for your child shows that you see and respond to their needs with care. That means more than you might realise.

May this bedtime moment with Miss Sofie bring calm, connection, and deeper sleep – for both of you.

Warm regards,

**Miss Sofie  & Anella Hansen**

“Sleep deep and tight all night long...”