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Media Contact:

Dana Marruffo
Buzz Public Relations, (512) 825-9035
dana@buzzpublicrelations.net

**COUNSELOR JANE BARNHOLDT WINS 2006 CHILDREN'S MUSIC
WEB AWARD**

Snuggle Down & Say Goodnight CD wins in "Best Spoken Word for Younger Children" category

Austin, TX – November 13, 2006 — Jane Barnholdt, an accredited counselor specializing in relaxation training, has been awarded the 2006 Children's Music Web Award in the "Best Spoken Word for Younger Children" category for *Snuggle Down & Say Goodnight*, a five-track CD of narration, music, and guided relaxation. Inspired by her work with adults, Barnholdt recognized a growing need to address sleep problems and restlessness among children ages three to ten years old. She created the CD with a specific tone and presentation to help children relax and sleep better.

"I am incredibly honored to have received this prestigious industry award. This recognition confirms that children are receptive to learning how to unwind and appreciate relaxation," says Barnholdt. "Studies show that 37 percent of children, kindergarten through fourth grade, suffer from at least one sleep-related problem. When children relax and sleep more soundly they are more alert, do better in school, and interact better with others. I am dedicated to helping parents help their children, and am pleased at the reception my efforts have gotten so far."

In *Snuggle Down & Say Goodnight*, Barnholdt adapts the oral traditions of storytelling and lullaby and adds breathing and body relaxation exercises to create a singularly soothing and warm way to ease little ones to sleep, while teaching them to calm themselves, develop self-awareness and mental focus. Rich Brotherton, Robert Earl Keen's guitar player/band leader, delivers a musical score of original melodies with a traditional flavor played on acoustic guitars, cittern, dulcimer, English horn and oboe, flute and accordion. Brotherton is accompanied by fellow musicians Ian Davidson and Jane Gillman.

According to Children's Music Web, a non-profit resource for kids, families and children's performers, the award program is the only one of its kind in the industry that is guided by adults and directly voted on by kids worldwide. For more information, please visit www.childrensmusic.org.

Jane Barnholdt, MA, LPC, LCDC, is an Austin, Texas based counselor specializing in relaxation training. She has written guided imagery scripts and conducted group relaxation sessions for substance abuse and stress-related problems since 1995. In addition to her work with adults and children in private practice, she has worked in the Texas court system and in residential treatment centers. She received her master's degree in counseling psychology from John F. Kennedy University in California and her bachelor's degree from Duke University. To learn more, please visit www.finefeatherproductions.com.