



“That’s a great idea,” she said.  
*Vroom!* Tanner raced his car back to his room.

Mom came in. “Nana hasn’t been sleeping very well lately,” she told Tanner. “Can you help by being super quiet for her at night?”

“Sure!” Tanner wanted to help. Sometimes he had a hard time sleeping too. A while ago Mom and Dad gave Tanner a special CD. It had nice, soft music on it. It helped Tanner fall asleep at night.

**By Juliann Tenney Doman**  
(Based on a true story)

*“Help me with others my blessings to share”*  
(Children’s Songbook, 22).

**A**re they here yet?” Tanner called. He had run all the way home from the park.

“Not yet,” Mom said. “But they’ll be here soon.”

Tanner’s grandma and grandpa were coming to visit. He couldn’t wait to see them! Papa always made Tanner laugh. Nana always made him a yummy treat.

Tanner ran to his room. He found his new green racecar.

“I’m going to show this to Nana and Papa,” he told Mom.

# A Lullaby





Tanner knew what to do. He got his special CD and went to find Nana.

He held out the CD.

“Here, Nana. This music helps me sleep sometimes. Maybe it will help you too.”

“Thank you!” Nana said. She smiled big. “I know this will help.”

Nana gave Tanner a hug. He went back to his room. He was happy he had shared. ◆

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# for Nana

*Knock, knock, knock!* Tanner jumped up. Nana and Papa were here! He ran to the door and pulled it open. Papa hugged Tanner. Nana hugged him even tighter. They played racecars. Then they colored. Tanner had fun all day.

Soon it was bedtime. Papa read a story. Nana sang a song. Then Tanner went to his room to say a prayer. He told Heavenly Father about Nana. Tanner asked Him to help her sleep better. After his prayer, he looked up and saw his CD player.

