

Recommended and used for more than a decade by Leading Maternity and Children's Hospitals worldwide

Music for Dreaming is scientifically researched. This continuous instrumental music gently soothes baby to sleep and is deeply relaxing for mother.



- 1 Brahms Lullaby
- 2 Sandman
- 3 Hush-a-bye-baby
- 4 Shepherd's Lullaby
- 5 Cradle Song
- 6 Baby in the Cradle
- 7 Golden Slumbers
- Total Time: 57.43 min**



- 1 All Through The Night
- 2 Irish Lullaby
- 3 Golden Slumbers
- 4 Scarborough Fair
- 5 Amazing Grace
- 6 Greensleeves
- 7 Beautiful Dreamer
- 8 Latvian Melody
- 9 Brahms Lullaby
- Total Time: 62.33 min**

Music for Dreaming ensemble: acclaimed musicians courtesy Melbourne Symphony Orchestra.



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music for
dreaming

"I played the music while I was pregnant and at the hospital during labour. Music for Dreaming is still doing wonders, better than any dummy for settling. Hayden was born to it, now he's growing with it."

Teresa Thomas, Mother, Australia

"At least nine out of ten babies settle almost immediately by this music...We also teach deep relaxation therapy to the mothers, and again we use the music for that."

Mother-Baby Unit Manager, Northpark Hospital, Australia

The Creator

Cherie A Ross is inspired by the power of music to enhance the relationship between mother and baby and to reduce the stress of babies in Intensive Care.

Her research in this field has been published under the title "Music as a complementary therapy to mother/baby care".

Cherie is an international presenter in the area of Music Therapy, specifically in relation to mother/baby care.

Cherie says, "I am privileged and honoured to be able to offer something that assists in nurturing both mother and baby that is so simple, yet so effective."



Cherie A Ross

Creative Team

Cover Baby: Nikki Craven Photography: James McFarlane

Performed by:

Flute Prudence Davis

Viola Trevor Jones

Harp Julie Raines

Viola Isabel Morse

Violin Rudolf Osadnik

Cello Sarah Morse

The above musicians performed courtesy of the Melbourne Symphony Orchestra

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Conceived & Produced by Cherie A Ross

Engineered & Mixed by Ern Rose, Metropolis Audio

Arranged & Conducted by Peter Sullivan

Mastered by Don Bartley, Studio 301