

BE CALM ON AHWAY ISLAND

Original Children's Stories and Meditations



ABOUT AHWAY ISLAND

OUR HISTORY

Since 2017, Ahway Island has been a beloved children's podcast, enchanting young hearts and minds with its unique blend of soothing meditations and imaginative stories. Designed to help children relax, unwind, and peacefully drift off to dreamland, our episodes have become a cherished companion for families worldwide. With over 8 million downloads and counting, Ahway Island continues to captivate listeners of all ages.

JULY 2023

8.3
MILLION
DOWNLOADS AND
COUNTING



“

"Be Calm on Ahway Island is perfect for helping kids relax and find peace during quiet time or nap time."

- *Common Sense Media*

Thanks to the hosts' soothing voices and a pre-story meditation, your kid might fall asleep before the story even gets underway.

- *The Washington Post*

”

BE CALM ON AHWAY ISLAND

Original Children's Stories and Meditations

OUR FORMAT

Each episode of Ahway Island follows a special format, beginning with a calming meditation that prepares children for a peaceful journey. The meditation is followed by an original story set in the enchanting world of Ahway Island.

Our stories feature engaging characters, relatable situations, and heartfelt messages that promote empathy, acceptance, and emotional well-being. Each episode concludes with our signature go-to-sleep ending and the beloved Dragon Breaths, a simple breathing technique that helps kids calm their minds and relax their bodies.

OUR VALUES

At Ahway Island, we believe in the power of mindfulness, the importance of a good night's sleep, and the value of fostering generosity, imagination, and creativity. We strive to create a safe and inclusive space where children can explore, learn, and grow. Our stories promote positive problem-solving, cooperation, resilience, and a sense of wonder. We embrace diversity and aim to represent and celebrate children from all walks of life.



OUR STORIES

Ahway Island is a rich and vibrant world filled with endless wonders. Our stories take children on adventures with a diverse cast of characters, including adventurous airplanes, bubbly boats, caring cars, construction vehicles, friendly forest animals, curious kids, silly sea creatures, and our beloved Dragon. With every story, we aim to instill gratitude in the hearts of young listeners for the important people in their own lives, fostering a sense of belonging and understanding. Each character and story is thoughtfully crafted to captivate young minds and ignite their imagination, while also teaching valuable lessons of inclusivity and kindness.



PEOPLE LOVE AHWAY ISLAND



**2022 Best Podcast
of the Year!***

**Common Sense
Media**

"[Be Calm on Ahway Island] is a great tool to have in your arsenal as you're teaching your children to manage their own emotions."

Mabel + Moxie

"Its stories and meditations touch upon the significance of kindness, compassion inclusion, empathy, emotional intelligence, self-regulation, mindfulness and many other life virtues without sounding preachy."

Kidpillar

"...every detail of the show is designed to help kids fall asleep easier, faster, and calmer and have lovely dreams rather than nightmares."

Podcast Magazine

These podcasts really help me get to sleep every night...makes me be calm and relaxed...

Zephyrous, 9

Both my 4 and 6 year olds adore Ahway Island! I love how the stories begin with the relaxation breaths which really help them fall asleep. Heck, I've nearly nodded off while playing them for the kiddos!

Cameron

Our son Oxford can't go to bed without his Dragons Breath and story. Lucky to be able to take you with us in every step of the way. Now he's getting dragon breath[s] done when he's angry or really upset. It's the greatest. ♥

Thank you so much all the way from Melbourne, Australia.

Glau

After battling for over a year with our 5 year old during bedtime[,] this podcast has magically helped her fall asleep without the constant bedtime curtain calls.

Daniela

I love it it helps me relax when I'm scared at night.

Grace, 7



Common Sense Media

PARENTS' GUIDE



"This well-produced podcast is a great choice if you're looking to settle little ones to sleep as they listen to stories that model empathy and inclusivity. Be Calm on Ahway Island is perfect for helping kids to relax if they're feeling stressed, nervous, or simply have the wiggles during nap time or quiet time."

AS FEATURED IN



16,729
AVERAGE
LISTENS
PER EPISODE



4.35
APPLE PODCASTS
AVERAGE
RATING



Top .5%
LISTENNOTES
GLOBAL
RANKING

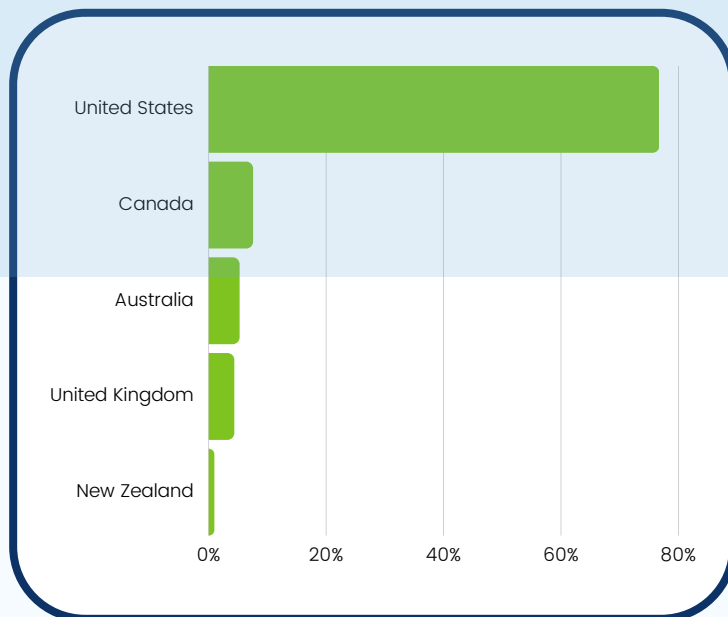


#26
APPLE PODCASTS
AVERAGE WEEKLY
PEAK RANKING*



1,000+
YOUTUBE
CHANNEL
SUBSCRIBERS

TOP COUNTRIES



HOW TO LISTEN

New episode released every Monday (3AM Central) • "Friday Favorite" episode from our archives re-released weekly
Episodes available on all major podcast apps, our website & YouTube • Archives & additional content available to Patreon members