



School Age Nighttime Fears Solutions

Flashlight Treasure Hunt

Encourages children to spent time alone in room

Flashlight Treasure Hunt

- Parent hides favorite toys in child's room (easy to find at first)
- Child uses flashlight to look for toys (Breathing and self-talk)
- Child earns immediate reward
- Next time, toys harder to find (child spends more time in room)

Worry Time

Have child process worries at some time other than bedtime to help child fall asleep easier at bedtime

Worry Time

- Set 1-15 minute worry time every day
- Child can worry alone or with parent
- Child should fill worry time with all worries and fears
- If unable to fill time, plan how to manage worries and fears
- At bedtime remind child to save worries and fears (do not provide reassurance)

Be the Boss of Your Dreams

Teach children to replace frightening content with benign or fun content

Be the Boss of Your Dreams

- Describe nightmare in detail (Use senses)
- Change content (give child power role)
- Make dream funny or silly
- Draw picture of dreams and destroy or change picture with new ending
- Practice dream in vivo (do not reassure, instead remind child to change dream)

