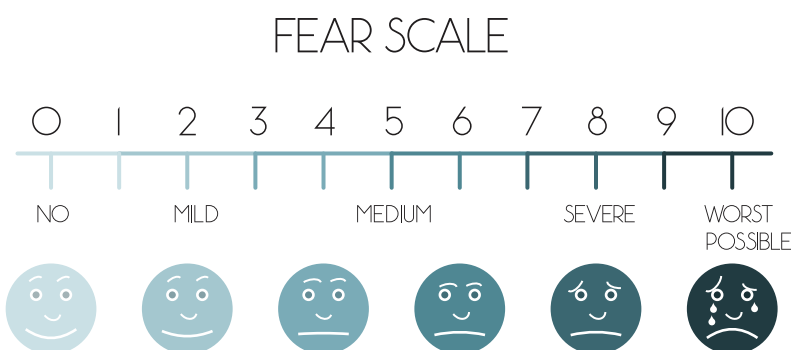


Getting Rid of Fears

All kids feel scared from time to time. For some kids, it can be scary to go to bed at night alone in a room that is dark. But there are ways to feel brave and less scared when you are in a dark room. Your mom, dad, or another adult can help you do things to help yourself feel more brave.

1. Your mom or dad will help you **decide what you are most afraid of**.
2. Then they will help you **decide what is the LEAST scary**.
3. **Your mom or dad will help you do the least scary part.** This might be going into your bedroom with the light off but with your mom or dad there with you. This is called *facing your fear*.
4. **While you are facing your fear, there are things you can do to help yourself feel calm and brave.** This can be telling yourself good things and deep breathing. Good things to tell yourself can be, for example, "I am brave"; "I am a big big girl [or boy]"; and "I am safe." Write down some good things you can tell yourself here: _____

5. **For deep breathing, remember these steps:**
 - Take in a big, slow breath through your nose.
 - Feel the breath fill up your belly like a balloon.
 - Count slowly to 5 while you breathe in.
 - Slowly blow out your breath through your mouth like you are blowing out a candle.
 - Count slowly to 5 while you breathe out.
 - Repeat at least 10 times.
6. **Tell your mom or dad how scared you feel by pointing to the face below that shows your fear:**



7. **After you feel less scared with that fear, you will then go on to the next scary thing** (like being in your bedroom alone for 5 seconds with a flashlight) until you have faced your whole fear.

Remember: You might want to ask your mom or dad over and over if you are going to be okay or if you can stop facing your fear. They will tell you one time that you are okay, and then they will remind you to tell yourself good things and to breathe deeply. This helps you learn to face your fear and know that you are brave.

Learning to face your fears helps you know that you are growing up and that you can do things on your own, even if they are scary. You can do it!
