

EMILY GRACE and the WHAT-IFS

A Story for Children About Nighttime Fears

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The night was dark
and it was time for
Emily Grace to go to sleep.

She ran through her bedroom door and jumped
in her bed quickly so that nothing would get her.





She pulled the covers up to her chin, then smoothed them out
until there was not even one tiny wrinkle.



Then slowly, ever so carefully, she pulled her arms under the covers so that all that was left peeking out were her little nose and her big, brown eyes.

Emily Grace stared at
the ceiling with her
eyes wide open and waited.

It did not take long
for the what-ifs
to come out
from under her bed.



Children's / Self-Help / Fears and Anxieties
Ages 4-8

EMILY GRACE and the WHAT-IFS

What if a big rhinoceros charges out through my closet door and pulls all my covers off and I get cold and catch pamonía?

What if I wake up tomorrow and I am a princess far, far away from home, all by myself?

Emily Grace faces her fears and calms herself...and eventually thinks, "What if I close my eyes now and go to sleep?"

Includes a **Note to Parents and Caregivers** with more information and strategies for coping with bedtime struggles.

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