

## There's a Nightmare in My Closet

by Mercer Mayer

At bedtime, a boy confronts the nightmare in his closet and finds him not so frightening after all.

**F**ear is a normal part of child development. All children (and adults) have some fears, and some children are more fearful than others. Sometimes our children's fears don't make sense to us, but how we respond can help them deal with and overcome their fears. Purdue University Department of Child Development and Family Studies recommend the following tips for parents and providers:

- Accept your child's fears.
- Spend time with your child when they are scared.
- Keep a regular routine.
- Talk about being scared.
- Help your child learn about things that scare them.
- Play with your child.
- Notice when your child is being brave.
- Talk about how to be less scared.

### Read More—related books

**When I Feel Scared** by Cornelia Maude Spelman

**Elliot's Noise Night** by Andrea Beck

**Not Afraid of Dogs** by Susan Pitzer

**Frances the Scaredy Cat** by Ed Boxall

### Learn More—related information

#### Purdue University Extension

Strong Families—Helping Children Overcome Fears  
<http://www.ces.purdue.edu/>

#### Talaris Research Institute

Spotlight – I want my mommy!  
[www.talaris.org](http://www.talaris.org)

## THERE'S A NIGHTMARE IN MY CLOSET



written and illustrated by MERCER MAYER

### View More—

related shows on WILL-TV

#### Word World

2/19 & 2/28 10:30 AM

#### **Duck's First Sleepover**

Duck attends his first sleep-over party but he's nervous about not sleeping in his nest for the first time. After a long night of fun games his friends calm his anxiety by building him a soft, fluffy nest.

#### Word World

2/18 & 2/27 10:30 AM

#### **Nightlight**

The rest of Word World is trying to sleep, but Bear is keeping everyone awake with her all-night racket. When her friends try to get her to go to sleep, they soon realize that Bear is afraid of the dark.

**WILL-TV**