Dear Parents,

Everyone is afraid of something. For preschoolers, the list usually includes big dogs, getting in trouble, being away from you, and the dark. The dark—that’s a really scary place! The video below will enable you to help your preschooler overcome this fear. You’ll discover how to do so without making your preschooler feel silly for being scared. You’ll discover that by acknowledging their fear as real you can replace it with something just as real…only better. When working with your preschooler to overcome their fear of the dark, don’t be afraid to let them know what you are afraid of now as well as what you were afraid of at their age, and tell them how you came to terms with these things.

<https://vimeo.com/parentministry/review/149143124/c0b98fc7bc>

Here are some practical tips to help in this process:

1. Don’t make fun of them or belittle them for being afraid. Their fears are real and big, and it’s your job to make them smaller and smaller until they’re gone. Remember, you are setting the process up right now; you are building a trust that will last a lifetime. If they know that they can bring their fears to you at 3, they will bring them at 13 and 23 too. Take the time now to build that foundation of trust.

2. This is a case for show-n-tell. It’s not enough to tell a preschooler they don’t have to be afraid of the dark. You have to show them there’s nothing to be afraid of. Look in the closet, under the bed, or outside the window with them, proving all is well.

3. Plug in a night light or put glow-in-the-dark shapes on their wall or ceiling to help lull them to sleep and calm their fears. NOTE: The glow-in-the-dark shapes are especially helpful since it has to be dark for them to work. This helps little ones see the dark as a fun place to be.

4. Eat family dinners by candlelight once in a while. This makes the dark a peaceful, happy place to be.

5. Lay on a blanket outside and look up at the stars with your preschooler. Talk to them about the stars and how God made the earth so perfect and wonderful.

6. Pray with your preschooler each night at bedtime with the lights out. Make sure you thank God for the dark that helps us rest, and pray for your little one’s heart to be at peace.

7. Play a quiet worship CD for kids on repeat or the local Christian station. If they wake up scared, this might help them fall back asleep.

In Psalm 4:8, the Bible says, “*In peace I will both lie down and sleep; for you alone, O Lord, make me dwell in safety*.”

Building Young Disciples,

Pastor Sarah