

15

**OF THE
MOST
COMMON
REASONS
WHY
KIDS ARE
SCARED TO
SLEEP**



Natasha Daniels, Child Therapist
ATparentingSurvival.com





1

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**Scared bad guys might
break in or are hiding in
the house.**



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2

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**Scared that monsters,
aliens, clowns, dolls or
the paranormal might
hurt them.**



3

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**Worried someone might
kill their family.**



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4

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**Worried they might
have a nightmare.**

A photograph of a house with light-colored horizontal siding and dark shutters. A large, multi-paned window is the central focus. Inside the house, a fire is burning brightly, with orange and yellow flames visible through the lower panes. Thick, dark smoke is billowing out from the roofline on the right side of the house. The overall scene is dramatic and urgent.

5

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**Worried there will be a
house fire while
everyone is sleeping.**



6

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**Worried they will die in
their sleep.**



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7

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**Worried there are bugs
in their room or bed.**



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8

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**Worried they may
never fall asleep.**



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9

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**Worried they are or
might get sick.**



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10

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**Worried about
something they said or
did earlier that day.**



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11

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**Worried about the
next day.**



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12

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**Worried they will stop
breathing.**



13

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**Worried they might
have forgotten to do
something for the next
day.**



14

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**Worried about the
shadows in their room.**



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A top-down photograph of a child lying on a bed. The child is positioned on a white pillow, with their head resting on it. Their hands are pressed against their face, covering their eyes and nose. To the left of the child's head is a brown teddy bear with a light-colored belly and a brown bow around its neck. The bed is covered with a light blue blanket featuring a pattern of white stars. A dark blue blanket is visible at the bottom of the frame.

15

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**Worried about random
"what if" thoughts.**

WANT HELP?

Take the online class,
How to Help Kids Who
are Scared to Sleep.

**HOW TO HELP
KIDS WHO ARE
SCARED TO
SLEEP**



Click here to learn more or go to:
www.bit.ly/sleepclass19



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