



Fear of the Dark: 10-Minute Bedtime Plan for Kids

When shadows grow huge and every noise matters: this checklist helps the room feel safe again, step by step.

HuggleTales-Tip: With HuggleTales your child becomes the brave main character: every night a new story where the night-light, stuffed toy and child hero make the dark feel friendly.

Before Lights-Out: Make Safety Visible

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| ☐ Check the room together: curtain, wardrobe, bed edge | ☐ Choose night-light setting: same colour and brightness |
| ☐ Stuffed animal guard gets one fixed place | ☐ Water, tissue and favourite blanket are ready |
| ☐ Use one steady sentence: 'You are safe, I am near' | ☐ Agree the door rule: open, ajar or closed |

Tip Do not debate for long. Check, name, reassure — then keep the routine calm.

3-Minute Brave Ritual

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| ☐ 3 deep breaths: breathe in like smelling, out like blowing | ☐ Child names 1 brave thing from the day |
| ☐ Shadow game: give one shadow a silly name | ☐ Whisper brave sentence: 'I can get calm' |
| ☐ Parent hand briefly on shoulder or back | ☐ Answer the final question only once |

HuggleTales Create a short brave story with your child's name and the same bedtime helpers.

If Your Child Calls Again

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| ☐ Go in quietly, do not switch on the full light | ☐ Repeat the same sentence — no new negotiation |
| ☐ Brief touch, then leave again | ☐ Do not turn monster-checking into a game |
| ☐ In the morning praise courage, do not criticise fear | |

After 7 Days Mark every calmer evening. Small visible wins take power away from the dark.

If this checklist helps: check out **HuggleTales** – the app for personalised bedtime stories with your own voice. Your first story is free. For iOS & Android.