

STEPS TO Reduce Nightmares

> All kids have nightmares, but you may notice an upswing near Halloween. "Hearing or seeing a scary story can prompt nightmares," explains **Benjamin Chan, M.D.**, a child psychiatrist at the University of Utah Health Care. Other causes of nightmares include stress, lack of sleep or life changes.

While parents can't prevent nightmares, you can help fight the monster under the bed. **Here's how.**

Establish a sleep routine

Structure helps kids feel safe, Chan says. An hour before bed, have kids brush their teeth, change into PJs and read a favorite book.

Teach coping skills

When your child has a nightmare, let him explain what happened and how he feels. "Reassure your child that it was only a dream, and help him re-create a good ending to the story," Chan suggests. Then it's not so scary.

Squash the scary stuff

Play flashlight tag or make shadow puppets so the dark doesn't seem scary. Avoid watching scary movies and TV shows, especially close to bedtime.

Create cozy comforts

Tuck your child in with a favorite stuffed animal, spritz his room with a "sweet dreams" spray, and use the same comforting words as you kiss him goodnight.

Self Help For Nightmares

Thomas Griffiths



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