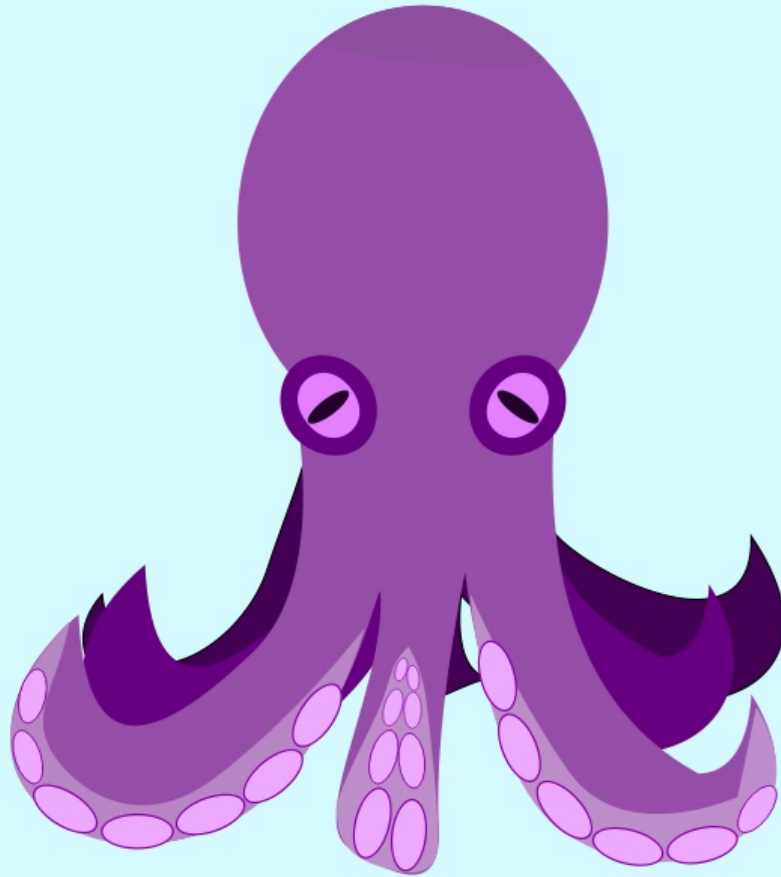


Nightmares don't
scare me!



Claire de Jager

Artwork by:
Mikey & Katie de Jager



For Parents

This book gives children the opportunity to explore their nightmares. It helps them to find ways to feel empowered and in control, rather than being worried and scared.

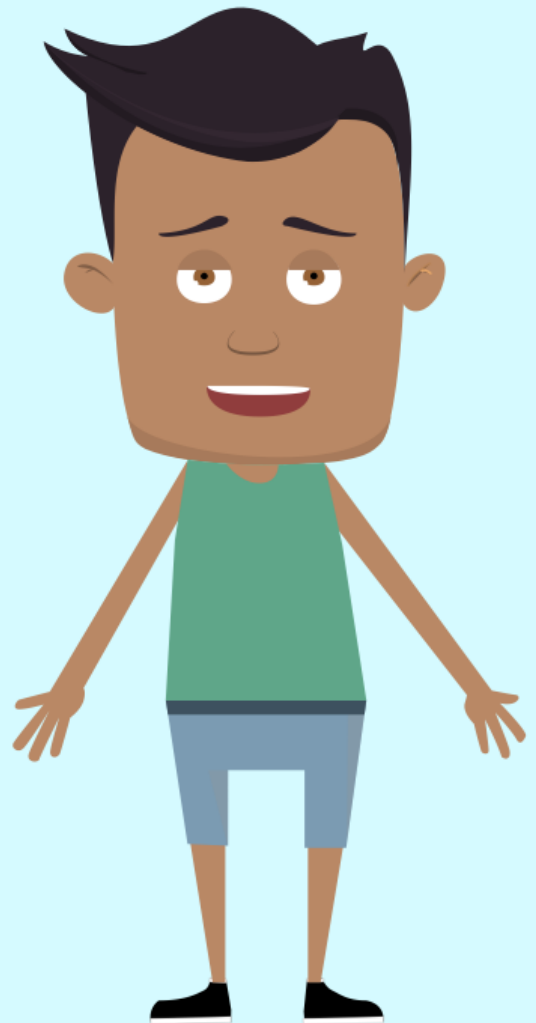
Read this book with your children and help them to do the activities. It will be a wonderful time of bonding with your children too.

Facebook page: [Happy Family Dot Tools](#)

Hi. My name is Brad! It is so nice to meet you...

Do you sometimes feel scared to go to sleep at night because of your nightmares? I used to be so scared too...

I used to have really scary dreams about ugly monsters and bad people.



I have a friend called Jim who told me how to stop my dreams from bothering me...and it worked...and they are gone!



Now I am going to teach you what to do.

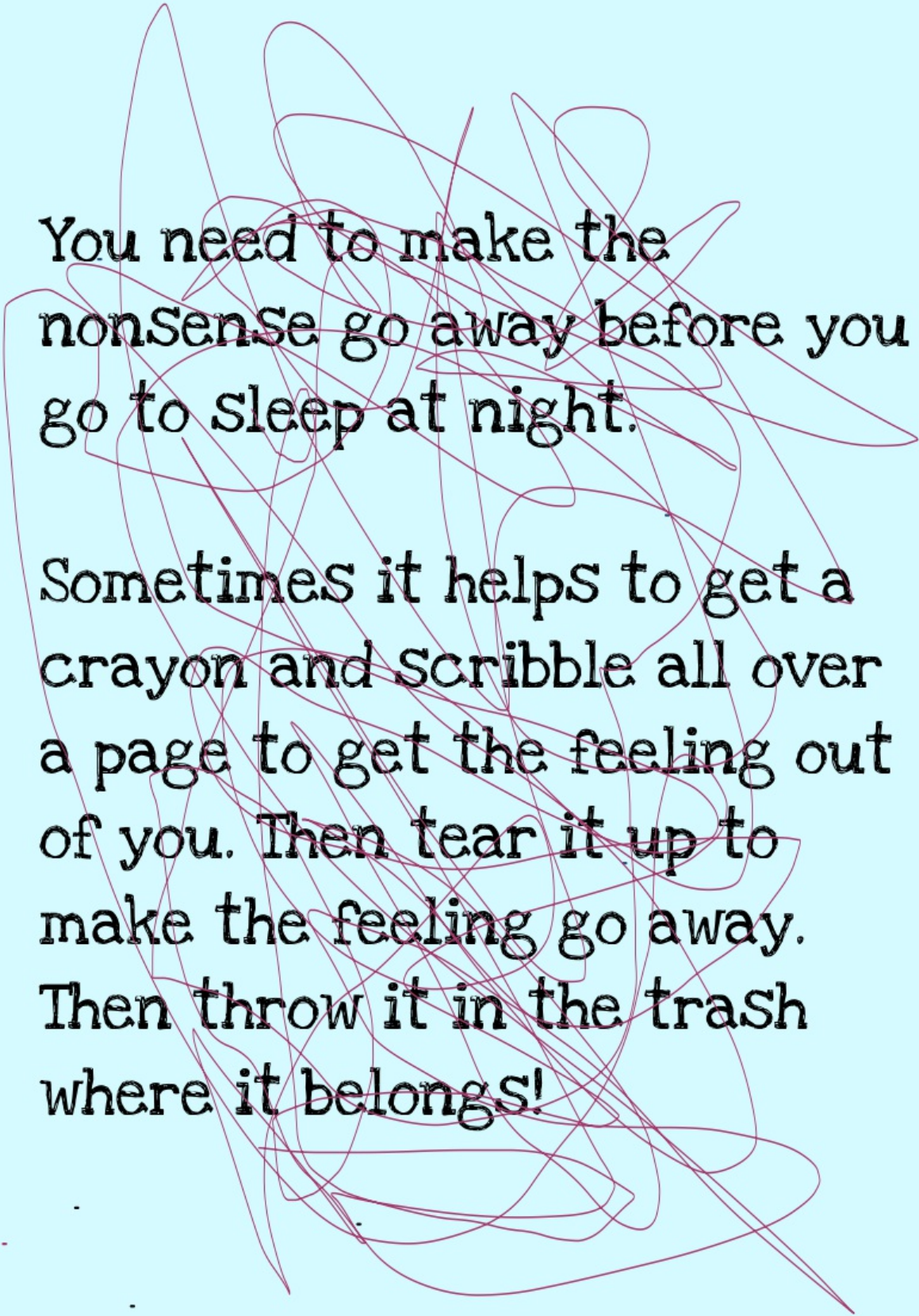
First, you need to stop watching scary movies and playing scary games on your i-pads, phone and TV. If you are not putting scary nonsense into your head, then it is much more difficult for you to dream about scary things at night.



WANTED

When your head is too full of nonsense, then your brain tries to sort through it at night while you are sleeping...and that's what gives you nightmares!

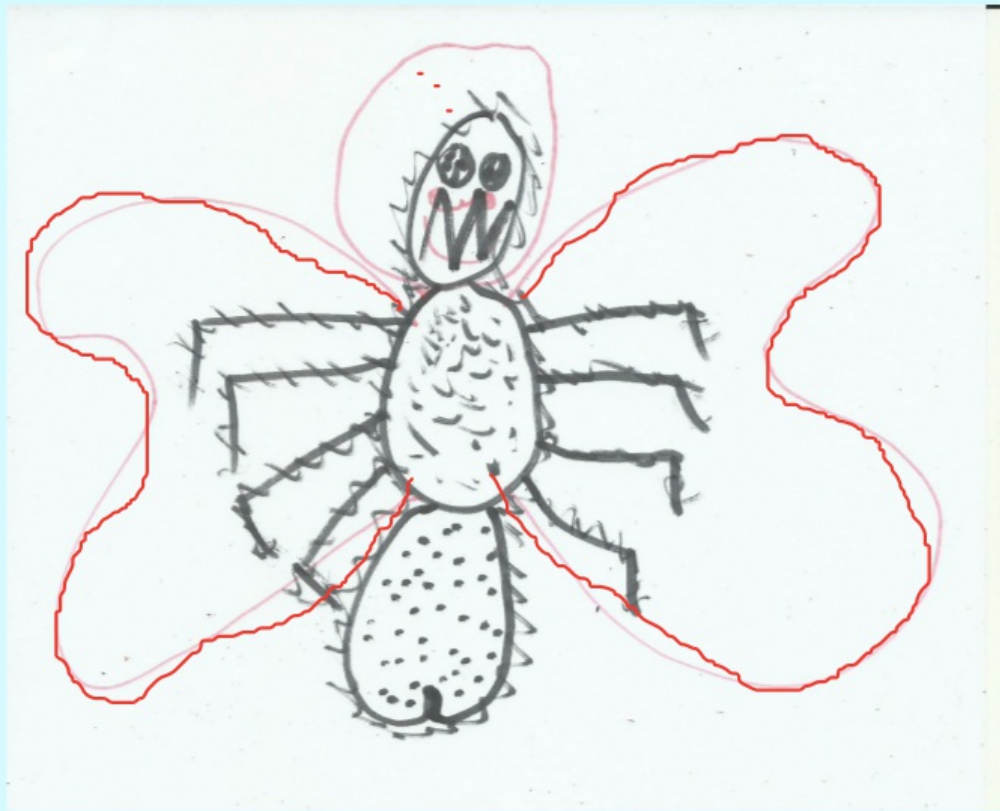




You need to make the
nonsense go away before you
go to sleep at night.

Sometimes it helps to get a
crayon and scribble all over
a page to get the feeling out
of you. Then tear it up to
make the feeling go away.
Then throw it in the trash
where it belongs!

If your nightmare is about a monster or nasty person, then draw it and add things to your picture to make it look silly. Then it won't feel so scary anymore.



The scary spider is now a pattern on a butterfly's wings

You could draw your monster with a wand, a tutu, or anything else that makes it look silly! We can't be scared of something that looks funny and makes us laugh.

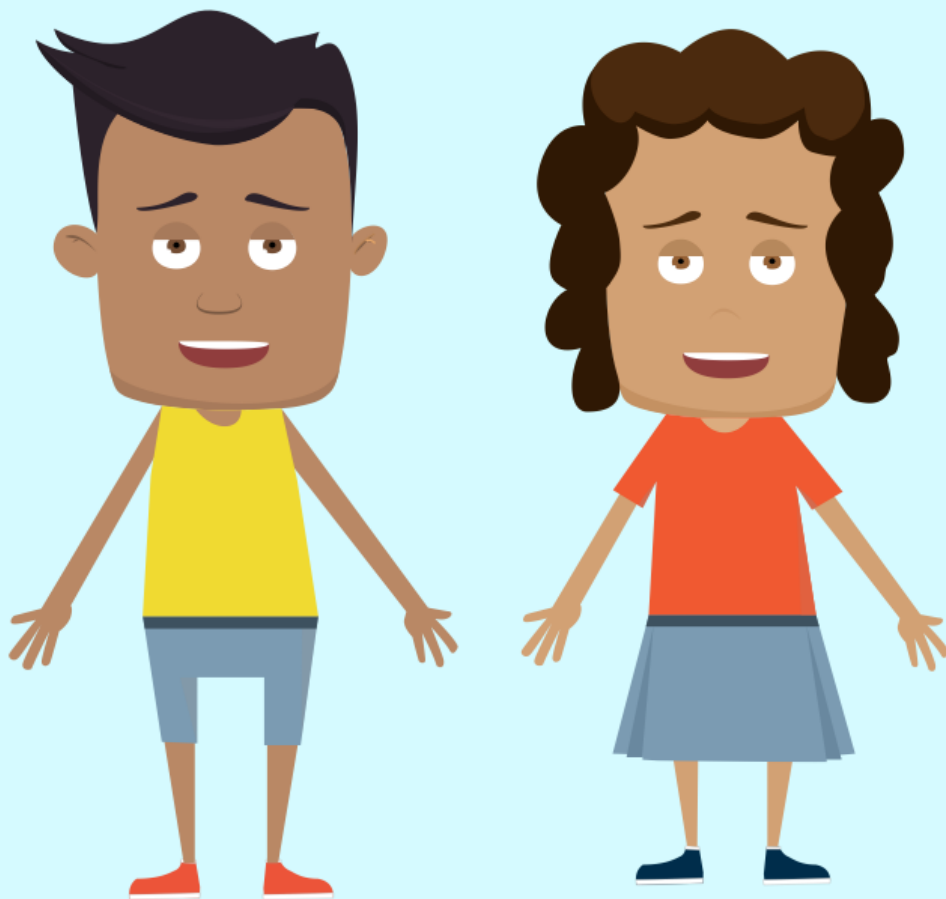


Before



After

You can also tell your mom and dad what happened in your dream. Then together, you can change the end of the dream by discussing funny endings. AS you talk about your dream and all the fun endings, your dream will stop scaring you!

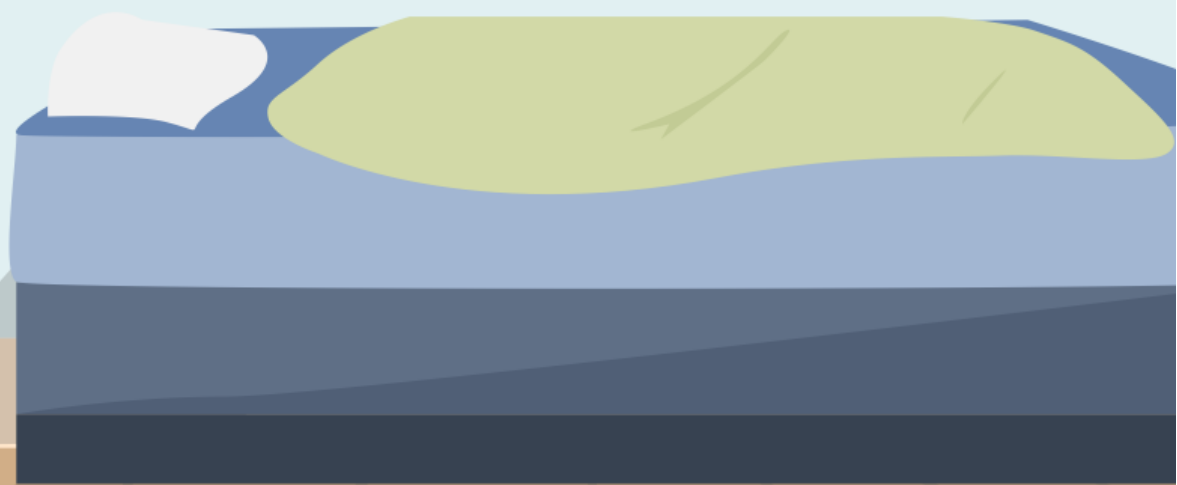


When you lie in bed ready to go to sleep again, you need to keep your mind focussed on good thoughts like your favourite holidays at the sea, or other fun and exciting activities you have done with your friends or family.



These ideas have helped me so much. I don't mind going to sleep now because I am the boss of my nightmares.

My nightmares know I have power over them now, so they don't bother me anymore. I bet yours won't bother you either. You just need to show them that you are the boss!



For Children

This book is written for children who have nightmares. It is scary and horrible to have nightmares. This book will teach you to be the boss of your nightmares and to make them go away! It is a fun book, and the activities really work!



Claire,
Mikey &
Katie