

Crying

- F** **FEAR** are common in all human beings. We are born with the fear of falling and the fear of loud noises.
- E** **EXPECT** fears to increase as children grow and their world's expand. Fears often change form over the years. Un-comforted fears last.
- A** **ADULT'S ATTITUDE** towards children's fears play an important role. NEVER make fun of a child's fears. Never force them to deal with the fear alone.
- R** **RESPOND** to fears with respect. Be calm, reassuring and stay with the child. Help a child to understand the physical feelings that come with fear such as racing heart beat, sweaty palms, etc.
- S** **SECURITY OBJECTS** should help to comfort the child. Use night lights, blankets, animals, magic words, etc.

COMMON CHILDHOOD FEARS

| Fear | Approximate Age | Fear | Approximate Age |
|------------------------------------|-----------------|-----------------------------------|-----------------|
| Being dropped | Early Infancy | Loud noises | 3 mos. - 3 yrs. |
| Strangers | 6 mos. - 4 yrs. | Sleeping alone or staying alone | 4 - 8yrs. |
| Separation from caregivers | 6 mos. - 5 yrs. | Bodily Injury, Illness | 5 - 12 yrs. |
| drains | 1 - 2½ yrs. | Media event (disaster, crashes) | 7 - 10 yrs. |
| The dark | 2 - 10 yrs. | School Performance | 9 yrs and up |
| animals (esp. Large, unrestrained) | 2 - 7 yrs. | Physical appearance | 9 yrs. and up |
| Costumed characters, masks | 2½ - 5 yrs. | Death (as understood by an adult) | 9 yrs. and up |
| Monsters, Ghosts, bad guys | 3 - 6 yrs. | Social Ineptness | 10 yrs. and up |

ADULT RESOURCES:

- *Touchpoint* by T.B. Brazelton
- *Your Baby and Child* by Penelope Leach

CHILDREN'S BOOKS:

- *Berenstein Bears in the Dark* by Jan and Stan Berenstein
- *What a Bad Dream* by Mercer Mayer
- *Nightmare in My closet* by Mercer Mayer
- *Going to Day Care* by Fred Rogers
- *The Dead Bird* by Margarat Wise Brown