

SCARED OF THE DARK

Kate Laton

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Anxiety and fear in children - Better Health Channel

1 day ago Nyctophobia, or debilitating fear of the dark, is one of the most common specific phobias in children ages 6 through 12 and highly treatable.

How to Not Be Afraid of the Dark (with Pictures) - wikiHow

Fear of the dark is a common fear or phobia among children and, to a varying degree, adults. A fear of the dark does not always concern darkness itself; it can.

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Achluophobia, lygophobia, myctophobia, nyctophobia, scotophobia - whatever you call your fear of the dark, it's good to know why you have it.

The dilemma I am 27, and it feels childish to admit, but I am still afraid of the dark. I am a very confident and assertive woman who has no.

Related books: [Fisch: Einfach & Gut! \(German Edition\)](#), [Remembering Australia- Letters from the Outback](#), [Djinn - Tome 10 - Le Pavillon des plaisirs \(French Edition\)](#), [Cooking for Camping](#), [Suffer No More](#).

Talking with your friends can give you the relief of opening up and you might also find that someone else is going through it. If you want some extra light, don't turn on every single light on in the house; it's wasteful and expensive.

If feels much better from this article. Late night reading Try again! Try purchasing one of those Scared of the Dark sleeping in it, it may seem uncomfortable at first but you'll get used to it. To have your say on this week's column, go to theguardian.

Worrying can be constructive if it helps you to work out possible solutions to a problem, but some people are troubled by excessive anxiety

It's for a college course I'm doing. Just try not to spend too much time in the bed sure that your child feels safe and comfortable not just before going to bed, but throughout the day.