

## Get Free Children's Book: I'm Afraid Of The Dark [Bedtime And Monster Stories For Kids]

# Children's Book: I'm Afraid Of The Dark [Bedtime And Monster Stories For Kids]

Tracy, who is afraid of dogs, must decide what to do when new neighbors move in, bringing a big dog with them

When faced with danger you must DO something. The teacher at the Ant Hill School wants her students to be prepared - for everything! One day, she teaches her students what to do if a "dangerous someone" is in the

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school. "I'll be your shepherd, and you're all my sheep, so you must do what I say. Pretend there's a wolf in our building, and we MUST stay out of his way!" "We need a great plan of action in case we start to get scared. The ALICE Plan will work the best, to help us be prepared." Unfortunately, in the world we now live in, we must ask the essential question: What are the options for survival if we find ourselves in a violent intruder event? I'm Not Scared...I'm Prepared! will enhance the ALICE concepts and make them applicable to children of all ages in a non-fearful way. By using this book, children can develop a better understanding of what needs to be

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done if they ever encounter a "dangerous someone." Failure doesn't have to be scary for kids. And parents, guardians, and mentors play a crucial role in teaching kids that failure is just one step towards success. Thankfully, simple books with powerful language can help! With the help of "I Am Not Afraid To Fail," you and your child can work together to learn that failure a normal and natural part of life. Help the child in your life build the confidence to take chances and go for it without fear of failure. Read the book and start this important conversation today! "I Am Not Afraid To Fail" is the third book in the Persistence Project Series

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GET IT NOW The Persistence Project Series -Book One: You Can Face Your Fears -Book Two: I Won't Give Up -Book Three: I Am Not Afraid To Fail -Book Four: You Can Always Improve - Coming Summer 2019  
A book showing children it's okay to be afraid, but that real courage is being afraid and facing those fears head on.

Book of the Dark

Sometimes I'm Afraid

Because I Know All About ALICE

OK, I Admit It, I'm Afraid

God Cares When I'm Afraid

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*An award-winning animator and a prominent psychologist team up on a new series of children's books and accompanying guides that help parents explain powerful emotions to their children. Often children are overwhelmed by fear and need to be reassured that this emotion is a normal part of life. When I'm Afraid, one of the first books in the Language of Parenting series, explains this difficult subject in a completely*

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*original and practical way. Jane Aaron's boldly illustrated children's book features simple language and vivid images that capture a child's attention. Depicting kids in typical situations that evoke fear, the illustrations help children realize that others not only experience the same feelings, but find positive ways to cope with them. Because it is difficult to talk to children about such abstract concepts as feelings,*

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*When I'm Afraid* includes a guide for parents written by respected therapist Dr. Barbara Gardiner. *A Parent's Guide to Fear* shows parents how to use *When I'm Afraid* to interact with their children and conduct meaningful dialogue specific to the needs of children at different ages. Parents are asked to validate their child's feelings and share their own memories of being scared as a child as starting points for discussion. Dr. Gardiner

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*pinpoints some common fears and how to resolve them, such as: \* sleeping alone \* making mistakes \* going to the doctor*

*Dr. Gardiner's Language of Parenting is based on the fundamental ABCs of parenting: acknowledging a child's feelings (listening and accepting fears), having age-appropriate behavior expectations (recognizing that different fears will come up at different ages), and demonstrating consistency in parenting style*



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*(maintaining house rules such as having the child sleep in his/her own bed).*

*She emphasizes the importance of allowing children to generate their own solutions. No other children's book about emotions is presented in such an instructive and creative package and involves parents so actively in the emotional development of their children.*

*Gary Lutz needs a vacation . . . from himself. Bullies are constantly beating*

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*him up. His only friend is his computer. Even his little sister doesn't like him. But now Gary's dream is about to come true. He's going to exchange bodies with another kid for a whole week. Gary can't wait to get a new body. Until something horrible happens. And Gary finds out his new body isn't exactly human...*

*Sometimes I'm scared of dogs. I'm not scared when they give me kisses. Sometimes I'm scared I will make a*

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*mistake. I'm not scared when I know I tried my best. With his signature blend of playfulness and sensitivity, Todd Parr explores the subject of all things scary and assures readers that all of us are afraid sometimes.*

*Baby Owl is out for a moonlight stroll through the woods but each animal he bumps into tells him not to be scared! Can Baby Owl convince them that this is what owls are meant to do and more importantly, that he is not scared!*

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*I'm Not Scared of Grandma's Basement*

*I'm Trying to Love Spiders*

*A Lesson In Overcoming Fear*

*Learning to Pray, Knowing He Cares*

*I Talk to God About How I Feel*

*Discusses what children are capable of viewing and offers advice on how to allay their fears*

*When a teddy bear invites his stuffed animal friends to a party at his house while the humans are away, they have a wild time and the police arrive on the scene.*

*We want our kids to be safe, happy, and well-adjusted. But we all know that our children, like us,*

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*have to face a lot of difficult things in their lives. And one of them is fear. Although adults have learned that one of the best remedies for tackling fears is an abundance of love and care, children still need support and guidance. In Sometimes I'm Afraid: A Book about Fear. . . Just for Me!, author, Michaelene Mundy, helps young readers understand what it means to be afraid and how to find courage and support in their friends and loved ones.*

*Lots of children are afraid of the dark, and Tamara and Moka are no different. As soon as the light is switched off, they hear scary sounds and see terrifying things. A humorous comic book that should help take the fear out of bedtime and persuade*

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*children that just because the dark turns everything invisible doesn't make it bad. For children aged 3 to 6.*

*How to Be a Rock Star*

*I'm Not Scared Board Book*

*Why I'm Afraid of Bees (Goosebumps #17)*

*I'm Not (Very) Afraid of Being Alone*

*Too Afraid to Scream*

Stormie Omartian, bestselling author of *What Happens When I Talk to God?* (more than 55,000 copies sold), shares her passion for prayer with children in this thought-provoking and encouraging book. Beautifully illustrated with characters who bravely show their emotions and written in straight-forward, honest language, this story teaches little ones that God cares

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about all their feelings—sad, happy, lonely, mad, worried, afraid—because God loves them no matter how they feel. The everyday, easy-to-understand scenarios encourage children to acknowledge their own emotions and turn to God. Readers can help the special child in their lives face inevitable disappointments with the realization that God is always near, He always understands, and He always wants to help.

(Grades K and Up) The teacher at the Ant Hill School wants her students to be prepared - for everything! One day, she teaches her students what to do if a "dangerous someone" is in their school. Unfortunately, in the world we now live in, we must ask ourselves the essential question: What options do I have for survival, if I ever find myself in a violent intruder event? "I'm Not Scared...I'm Prepared!" will enhance the

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concepts taught by the ALICE Training Institute, and make them applicable to children of all ages in a non-fearful way. By using this book, children can develop a better understanding of what needs to be done if they ever encounter a "dangerous someone."

A new middle-grade tale from critically acclaimed, award-winning author Kristin Levine about facing your fears, set in Vienna during the Bosnian genocide. Most twelve-year-olds would be excited to fly to Austria to see their dad for the summer but then Becca is not most twelve-year-olds. Suffering from severe anxiety, she fears that the metal detectors at the airport will give her cancer and the long international flight will leave her with blood clots. Luckily, she's packed her Doomsday Journal, the one thing that



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always seems to help. By writing down her fears and what to do if the worst happens, Becca can get by without (many) panic attacks. Routines and plans help Becca cope but living in a new country is full of the unexpected--including Becca's companions for the summer. Like Felix, the short and bookish son of Becca's dad's new girlfriend. Or Sara, the nineteen-year-old Bosnian refugee tasked with watching the two of them for the summer. As Becca explores Vienna and becomes close to her new friends, she soon learns she is not alone in her fears. What matters most is what you do when faced with them.

Take courage! Bestselling author Anthony DeStefano shares the importance of living courageously in this intriguing little book with a big message. You'll discover that with courage

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you're able to enjoy meaningful relationships and accomplish those really hard things you know you have to do. Without it, well, it's nearly impossible to be happy. Candid photos of kids caught in awkward moments everyone can relate to perfectly illustrate this uplifting message, which turns out to be just as inspirational and thoughtful as it is funny.

Mommy, I'm Scared

I'm Afraid Your Teddy Is in the Principal's Office

The Thing I'm Most Afraid Of

Once I Was Very Very Scared

A Book about Fear

**Collects seven scary short stories, including tales about seeing a ghostly face in a campfire, phantom text**

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messages, and a house haunted by a young boy.

**?Helping Kids Sleep? Mable was afraid to go to sleep. She thought monsters would get her while buried in the sheets. Ghosts, the Boogeyman, and other creepy monsters, Mable believed if she closed her eyes, they would pounce on her. Her mom told her there were no such things, that she should get some sleep and have pleasant dreams. "I'm Afraid To Go To Sleep!" has many colorful illustrations for children to enjoy. This rhyming bedtime picture book introduces Mable, a five-year-old little girl and her plush toy monster Big Toby. Mable dreams that she and Big Toby will one**

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**day put an end to monsters scaring children, especially while they sleep. "I'm Afraid To Go To Sleep!" is a fun book for children of all ages who enjoy bedtime stories, group reading, and storytime with their parents or grandparents.**

**Written with the assistance of a mental health professional, Sometimes I'm Afraid is a book for children who are experiencing fear or are acting out in anger that is rooted in fear. If you have a small child who is angry, fearful or anxious, this book may be just what he or she needs to understand the big feelings and what to do with them. During the pandemic, many**

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**of us unwittingly projected fear onto our children. Children are so much more perceptive than most of us believe. They can pick up on our emotions by the slightest change in behavior, voice tone, facial expression and even by the things that we don't do or say. As we begin our exit of this very surreal period in history, we are finding that our children have come out on the other end with remnants of fear, anxiety and an inability to stay focused on the task at hand. This book speaks to those feelings, not only letting children know that their feelings are validated and that it is okay to feel what they do, but that there are**

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**ways to control the resulting behaviors and help themselves feel better. In this story, Sergio finds himself the odd man out when he is the child in preschool who cries the most, experiences outbursts, and generally separates himself from the other children. With the help of a therapist, Sergio learns about his feelings and how to help himself feel better no matter where he is. Sergio learns about different activities (physical and creative) that help him release the anger from his body. He also learns that breathing exercises can help to calm and focus him. This picture book is geared towards preschool and kindergarten**

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aged children but is suitable for all ages with whom the story may resonate. **INSIDE YOU WILL FIND:**

**Everyone is sometimes afraid ? It's okay to be afraid because we all are sometimes; Techniques to help ?**

**This story is full of ways to help you deal with the big feelings as well as ways to control the resulting**

**behaviors; Introduces the concept of a therapist ? This story removes any possible stigma associated with a**

**therapist and shows how the therapist was helpful to Sergio (and not scary at all); and You're not alone ?**

**By discussing fears that a child may be bottling up inside, we are letting them know that they are not**

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**alone in their fears and it's okay to talk about them. I wrote this book with the intent to help children who are struggling with some pretty big feelings. I hope it helps your child as much as it has the children who have already been introduced to it.**

**Once upon a time, there was a little old lady who was not afraid of anything! But one autumn night, while walking in the woods, the little old lady heard . . .**

**CLOMP, CLOMP, SHAKE, SHAKE, CLAP, CLAP.**

**And the little old lady who was not afraid of anything had the scare of her life!**

**This Makes Me Scared**



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## **Dealing with Feelings**

**I'm Afraid Your Teddy Is in Trouble Today**

**I'm Afraid To Go To Sleep!**

**A Mental Health Book for Children**

*This little girl follows her daddy everywhere - upstairs, downstairs, and even to the bathroom! She doesn't like being left alone - the world is so big and she's so small! Can she and her daddy find a solution?*

*This is a book about a child who is afraid of the dark. The book follows the little*

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*boy as he tells the reader all about the approaching darkness one evening, revealing his fear as he goes to bed, showing shapes in his bedroom that look like monsters (which change into ordinary things when he switches the light on). When the boy goes on a camping trip, he comes to realize that the dark has its place, and perhaps isn't so terrible after all. After all, it's only when it's truly dark, that you can see the stars. With a playful, clever and beautiful use of laser-cut holes, the book shows shadows getting*

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*bigger and taking over the boy's world, the dark bedroom shapes looking like monsters, and then transforming, in the turn of a page, to be just ordinary things in the boy's bedroom, and a breath-taking scene of hundreds of stars in the night sky.*

*An easy to follow, poetic tale about overcoming fear. The writing is catchy, rhythmic and offers a unique approach to teaching personal development to kids. EDU-TAINMENT.... EDUcation & enterTAINMENT combined is what "I'm Afraid of the Rain"*

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*offers. The first in the series of books that are designed to educate, transform, motivate and boost the self esteem of kids, young adults and adults.*

*Everyone gets scared sometimes, especially when the world seems so dangerous. In Why Don't They Believe Me When I Say I'm Afraid!, a little girl worries about getting sick. She's scared she might get sick, but her parents might get sick, too. When she shares her fears with her parents, no one seems to listen. Her little brother Billy feels the same way.*

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*They can't go out and play. They can't go to school. They can't even see their friends—but at least they can talk to their friends on the phone, and friends listen. Friends tell this little girl not to worry. They're all in this together, and they can help each other stay safe, healthy, and brave. It's essential for children to talk about the things that scare them and for parents to listen. Author Mela Balarine hopes her book will make both parents and kids aware of the importance of communicating with one*

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*another, assuring that children's fears are taken seriously.*

*A Book for Young Victims of Abuse*

*A Glow-in-the-dark Encounter*

*I'm Not Afraid!*

*I'm Not Afraid of the Dark*

*Why Don't They Believe Me When I Say I'm Afraid!*

*God Is There, and He Cares Bestselling author Stormie Omartian (The Power of a Praying® Parent) teaches little ones ages 4-8 that fear is a natural emotion, and that can they turn to the Lord no matter*

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*what they might be afraid of. Children will learn that good fear, the kind that protects them from dangerous situations, is part of God's plan to keep them safe. And when irrational fears arise, kids will be reminded that their heavenly Father is there to listen and to assist them in overcoming it. God Cares When I'm Afraid covers a variety of common childhood fears, such as bad dreams, the dark, loud sounds, scary people, and many more. In each of these situations, Stormie encourages kids to ask for God's help and*

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*provides a simple prayer they can use to talk to Him, as well as seven simple things kids can do whenever they are afraid. As a parent, grandparent, or caregiver, experience the peace of mind that comes with trusting your precious little one's fears to the One who can calm the hearts of young and old alike.*

*Describes ways of handling fear.*

*Young Daniel must confront his fear of dogs when his mom dog sits his aunt's pet. In this hilarious, tongue-in-cheek picture book debut, one little kid who really*



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*loves to rock and roll explains everything there is to know about starting a rock band. Becoming a rock star isn't easy--especially if you're a kid. From finding the right instrument, to mastering the best dance moves, to taking your band on the road, there's a lot to consider! And that's not to mention dealing with critics, crazed fans, and a little brother with a chocolate milk problem . . . Luckily, this book has everything you need to know to make it big. This giggle-inducing guide to aspiring rock and*

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*rollers, chock-full of laugh-out-loud illustrations, is sure to leave readers both young and young at heart shouting for an encore!*

*Sometimes I'm Scared*

*Helping Kids Sleep*

*What was I Scared Of?*

*I Am Not Afraid to Fail*

*I'm Not Scared, You're Scared*

*Eight year old Leo Sparks is afraid of everything. Carnival rides, the deep end of pools, the color pink and eating lobster have all made his list of over one hundred and thirty eight unique fears. So when his family decides to move across country, to live in his*

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*grandmother's creepy old house, Leo's anxiety goes into overdrive. Soon Leo is forced to face his fears and develop the self-confidence required in order to rescue his younger sister when she becomes trapped in the one place he never thought he would be brave enough to go...GRANDMA'S BASEMENT. I'm NOT scared of GRANDMA's BASEMENT is the first in an early chapter book series featuring Leo Sparks that encourages kids to be brave, be confident and keep moving forward.*

*Presents some of the common objects and situations that cause fear in children and provides advice on different things that they can do themselves to overcome their feelings of being afraid.*

*What do your favorite toys get up to when you're at school? Teddy and friends bring their creative mayhem to the classroom in a gleefully vicarious comic romp. What would happen if your teddy*

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*bear stowed away in your backpack and followed you to school? And what if your teddy convinced all your friends' stuffed animals to come along for the party? Would you believe they might sneak into the cafeteria to play Pizza Disc, head to the band room to put bubbles in the wind instruments, make a clever glue trap for the art teacher, and roll around in finger paint as well? Luckily, the principal remembers what it was like to be young and may let the rambunctious teddy bear and crew off just this once. Author Jancee Dunn and illustrator Scott Nash bring Teddy and friends back for more mischief in a high-spirited tale of uninhibited fun.*

*Three different children are helped by caring adults to use prayer to deal with frightful feelings.*

*Something Happened and I'm Scared to Tell  
Nighttime*

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*The I'M NOT SCARED Book*

*I'm Not Scared...I'm Prepared!*

*I'm Afraid of the Dark*

*What s that lurking in the shadows? Who s making that noise? Is it a ghost? A goblin? NO! Lift the flaps, pull the tabs, and shine a light in the night with Tommy. From a pet cat to Mom and Dad, there s nothing scary at all out there. So who s NOT afraid of the dark? Tommy and every child who takes comfort in this reassuring novelty book."*

*This title discusses, in simple terms, sexual and physical abuse, explains why adults may become abusive, and encourages children to report such abuse to a trusting*

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adult.

*"This fresh and very funny non-fiction picture book shares lots of fascinating facts about spiders in an entirely captivating way. If I'm Trying to Love Spiders doesn't cure your spider phobia, it'll at least make you appreciate how amazing they are...and laugh a lot as you learn about them."--*

*Kids will learn it's okay to be scared—and how to confront their fears—in this installment of the Dealing with Feelings series. Paperback edition includes stickers! In This Makes Me Scared, a young boy is terrified about taking swim lessons. The water is cold, chlorine burns his eyes, and worst of all, everyone is watching him. He's*

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*scared that he'll never learn to swim--or drown trying!  
When his instructor shows him how to calm his mind, the  
boy decides to face his fear and open himself up to a fun,  
new experience. The Dealing with Feelings series of early  
readers is designed to give voice to what's brewing  
inside. Through short, simple text and repetitive  
observational phrases, children will learn to name their  
emotions as they learn to read.*

*The Little Old Lady Who Was Not Afraid of Anything  
I'm Afraid of the Rain*

*How TV and Movies Frighten Children and what We Can  
Do to Protect Them*

*When I'm Afraid*

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### *I'm Scared*

**A little squirrel announces that he was once very, very, scared and finds out that he is not alone. Lots of little animals went through scary experiences, but they react in different ways. Turtle hides and gets a tummy ache, monkey clings, dog barks, and elephant doesn't like to talk about it. They need help, and they get help from grown-ups who help them feel safe and learn ways to cope with difficult feelings. This story was written to help children and grown-ups understand how stress can affect children and ways to help them.**

**The narrator is frightened by a pair of pale green pants with no one inside that seems to be following**



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**him, until the two meet and discover that they have nothing to fear. Features illustrations that glow in the dark.**

**From the incomparable host of “Late Night with Seth Meyers” comes a hilarious new picture book. When you're a bear who is easily scared, it's hard to have friends. Fortunately, Bear has one: Rabbit, who is very brave. One day, Rabbit urges Bear to face his fears and embark on an adventure together.**

**However, things don't entirely go as planned, and the two friends learn the true meaning of bravery. Equal parts hilarious and touching, this funny tale of adventure, bravery, and daring rescue will both inspire the adventurous spirit in all of us and make**

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**us laugh along the way. With the unfailingly witty voice of one of America's favorite comedians, Seth Meyers's debut picture book is bound for hilarity history.**

**What Are You Scared of, Little Mouse? is a tender tale that will help the youngest children overcome their fears. Guided Reading Level: J, Lexile Level: 470L**

**Finding the Courage to Overcome Life's Problems  
Not Afraid of Dogs**

**What Are You Scared of Little Mouse?  
I'm Not Scared... I'm Prepared!**