

Books to help with real and imagined fears

Iris and Walter: The Sleepover
by Elissa Haden Guest (Author), Christine Davenier (Illustrator)

Oliver Finds His Way
by Phyllis Root, Christopher Denise (Illustrator)

A world full of monsters by Marc Brown

There's a Nightmare in My Closet
by Mercer Mayer

Brave Horace
by Holly Keller (Author)

Brave Irene
by William Steig

Tiger, Tiger
by Dee Lillegard, Susan Guevara (Illustrator)

Go Away, Big Green Monster!
by Ed Emberley (Author)

Could you leave the light on?
By De Bode, Ann
(This is part of a picture book series for young children called Helping Hands, covering lots of different issues).

Nicky and the big bad wolves
by Gorbachev, Valeri

Kate's giants
by Gregory, Valiska
(In this one as the emphasis is on the child being able to think away the scary things - the Mum and Dad say "if you can think them in, you can think them out". As someone who was petrified of the dark when I was little this seems very empowering to me!)

Little Brown bear is afraid of the dark
by, Le Brun, Claude

There's a nightmare in my closet
by Mayer, M.

