



Doug

dreads the shed

Doug Dreads the Shed

Doug Dreads the Shed is a story to help your little one become one step closer to overcoming their fear of the dark.

We aim to help children who have fears that lead to them avoiding or trying to escape unpleasant thoughts and situations. This is called experiential avoidance and Doug can help! Doug demonstrates facing his fears and using breathing exercises to calm himself.

For more information head to
www.dougandfriends.com.au/avoidance

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On a warm sunny day,
Doug went out to play,

And realised his ball
was not where it should lay.



To the garden he trotted,
where mummy was spotted,

“Where is my ball?
My stomach is knotted!”



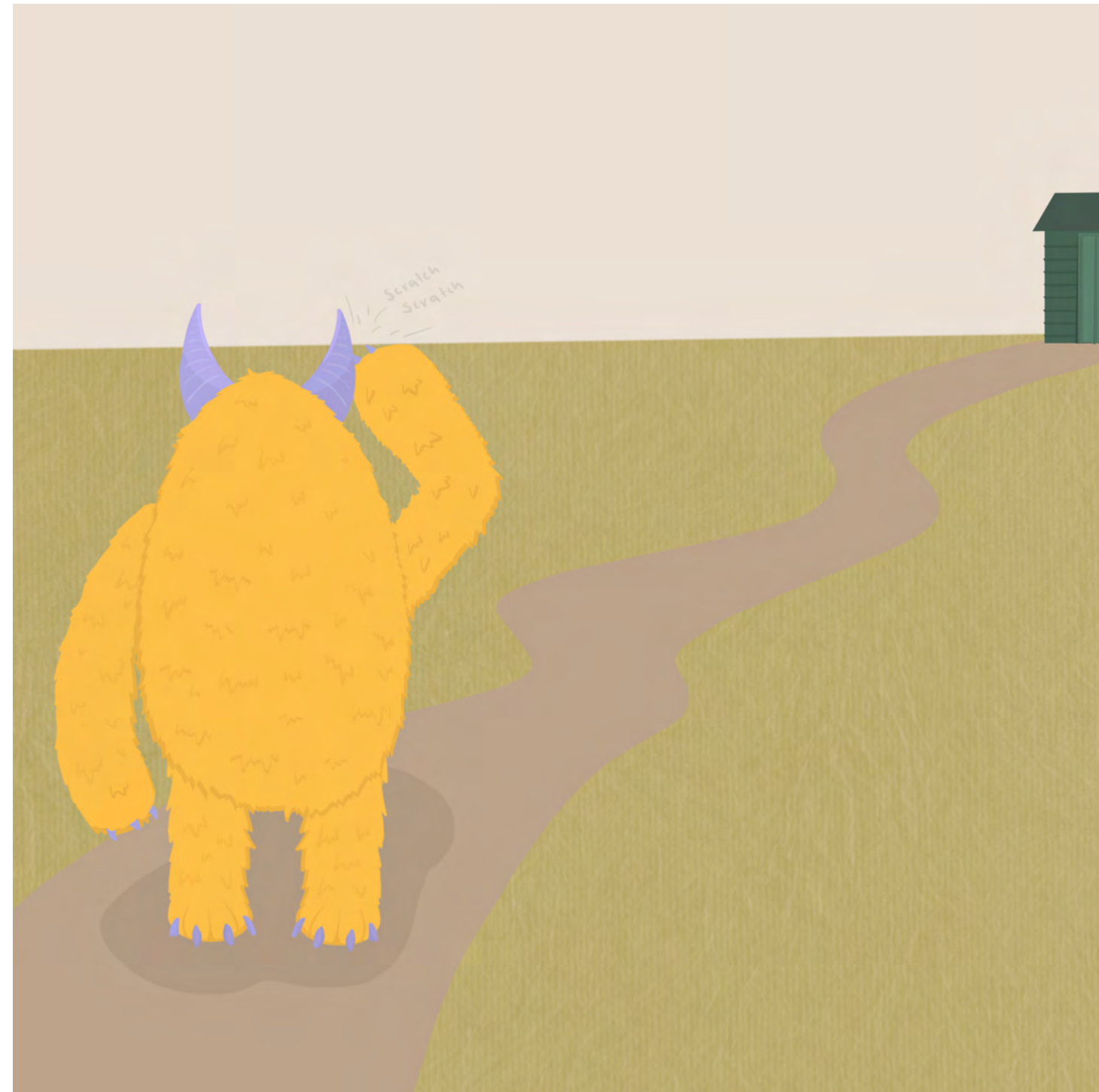
Mummy did not **know**,
to the shed he should **go**.

He does not like the shed,
so his butterflies **grow**.



Doug walked to the **shed**,
scratching his **head**,

Hoping his ball
wasn't too far **ahead!**



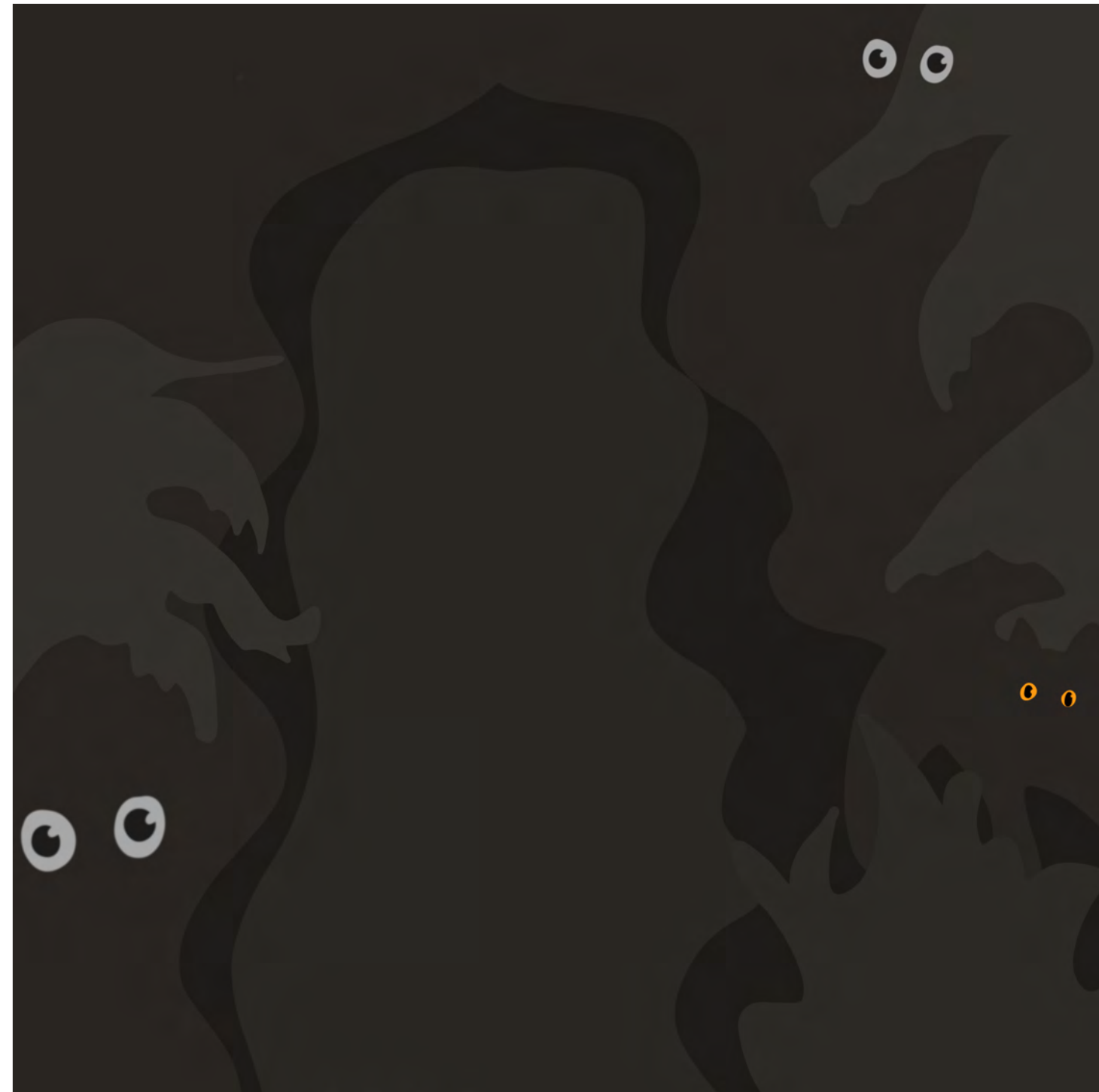
The door opened wide,
to see what's inside,

When Doug became
oh so terrified!



The darkness made him **scared**,
as the shadows **glared**,

And the sounds that he heard,
made him feel **unprepared**.



A few steps in,
he remembered Mum's grin,

when she said to take
some breaths out and in.



Breathe in deep,
let your worries go

Breathe out slow,
feel calmness grow

In through your nose,
out through your mouth

Feel the peace,
as you breathe out



Now he was **calm**,
and felt less **alarmed**,

He grabbed his ball
and came out **unharm**ed.



Now he faced his **fear**,
and has back his **cheer**,

He can play with his ball
that is now **near**.



In his bed Doug did **lay**,
to reflect on his **day**,

And the rhyme that his mum
taught him to **say**.

Breathe in deep, let your worries go
Breathe out slow, feel your calmness grow
In through your nose, out through your mouth,
Feel the peace, as you breathe out



what now?



This will likely be a gradual transition but remind your child of Doug's breathing rhyme and reward good behavior with our 'Doug and Friends sticker chart,' available for free download on our website.

head to our website for more info and resources



establish a routine

Creating a bedtime routine for your little one, helps them prepare for sleep and enjoy the process. Include things like brushing teeth, reading a book and getting Doug ready for bed too!

create a comfortable sleeping environment

Help make their space a place they want to be. Use dim lighting and soft bedding.

Adding a pre sleep tidy up to their bedtime routine helps make the space more inviting and gives them an understanding of their surroundings, so they know there's nothing to fear.

start the conversation

Have a chat with your child to understand their fears and why they might be scared.

Offer understanding of their fears and feelings but support them in pushing through the discomfort and fear. Let them know they are in a safe space and you are near by.

Discuss why it is important they sleep in their own bed. We all need our own space to get a good nights sleep.

Note: avoid validating the existence of monsters



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**For little ones with a
fear of the dark**

Follow Doug as he sets out to find his
ball in the *dark, scary shed*



ISBN 978-0-7322-9207-2



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