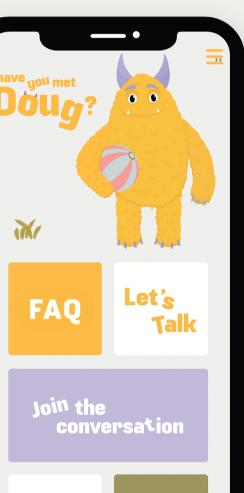




Hug!





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parents with their anxious child. Creating a relaxing environment where they feel safe is very important. We created Doug to help comfort your child while you are not there, so it may help to remind them of Dougs bravery and the techniques he used in the book to face his fears.

Remember, we can't expect children to overcome their fears after reading one book so keep it up, and you will start to see results Download our free sticker chart here to help eward positive behaviour



We know there can often be a struggle around bed time but luckily we can offer a few steps to help make the process go a little smoother... over time

## 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.

Shop	Free Downloads	
join Doug on his big adventures		
fear of the dark		
fear of monsters		
The second contraction of the second contrac		
separation	anxiety	
	view more	
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- Doug's Fi	amily	
view more from this forum		start the conversation
say something	0	Have a chat with your child to understand their fears and why they might be scared.
Is it normal that my child wants to take Doug everywhere?	+	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.
Will the Doug stories really help with my child's avoidance?	+	<b>Discuss</b> why it is important they sleep in their own bed. We all need our own space to get a good nights sleep.
My child wants to sleep with the light on all night, what should I do?	+	Note: avoid validating the existence of monsters
My child is worried there are monsters under the bed. Can I tell her I've checked and there are none?	•	This will likely be a gradual transition but remind your child of Doug's breathing rhyme and reward good behaviour with our 'Doug and Friends sticker chart,'
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## **Doug Ecosystem**

Georgia Sandford, Hanna Cauchi, and Lara Stevens

Doug is a tool used to help children who suffer from experiential avoidance. Experiential avoidance refers to the tendency to avoid or suppress unpleasant thoughts, emotions, sensations, or memories, often by engaging in behaviors that provide short-term relief but perpetuate long-term distress.

Doug's Ecosystem is a support network for parents and their children, incorporating elements of Acceptance and Commitment Therapy (ACT) to help children accept and face their fears. The tool includes engaging books that address common bedtime fears such as fear of the dark, separation anxiety, and fear of monsters. The books incorporate breathing exercises as a mindfulness strategy.

A support website offers resources, professional advice, and a chat between other parents to help them feel less alone.

Creating a bedtime routine and a comfortable sleeping environment is encouraged to help children prepare for sleep and feel safe in their space. A sticker chart rewards positive habits, while a Doug plush toy serves as a cuddly companion. Children are encouraged to "Give Doug a Hug" when afraid during the night. The goal is to provide children and parents with a fun and functional tool to overcome bedtime

