

# have you met Doug?



**join Doug on his big adventures**

- fear of the dark
- fear of monsters
- separation anxiety

**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 fears that is fun and easy to use.

