It is normal for young children to have fears of the dark and going to bed at night. Most children experience nighttime fears at some point during childhood. For example, if he/she is afraid of monsters, don’t get out the monster repellent. Parents can help kids confront fears so they don’t grow bigger and scarier. Mather recalls that her son was sure there were monsters under the bed and in the closet. Wright, author of Helping Your Kids Deal with Anger, Fear, and Sadness, says, “20 minutes for the anxiety to subside when a fear is confronted.” Wright says, “Monsters Under the Bed and Other Childhood Fears: Helping Your…” Freeing Your Child From Anxiety: Power, Practical Solutions to Overcome Your Child's Fears, Worries, and Phobias (Chansky). Helping Monsters Under the Bed and Other Childhood Fears: Helping Your Child Overcome Anxieties, Fears, and Phobias. Monsters Under the Bed and Other Childhood Fears by Stephen W. 15 Books to Help Kids Overcome Their Fears - Family Education. Monster Under the Bed and Other Childhood Fears: Helping Your... - Google Books Result. You can help your child overcome anxiety by taking their fears seriously and... Helping Children Overcome Fears. Is your child afraid of the dark, or thunder, or monsters, or going to the doctor, or the potty? Childhood can bring a lot of phobias and anxiety — fear of the dark.