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. 20 minutes for the anxiety to subside when a fear is confronted,” Wright says. Some children are more fearful than others. A toddler or preschooler tends to be afraid of unfamiliar things that they don't understand or can't control. For example, a fear of the dark or of monsters under the bed may give way to fears of some children are more fearful than others. A toddler or preschooler tends to be afraid of unfamiliar things that they don't understand or can't control. For example, a fear 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.