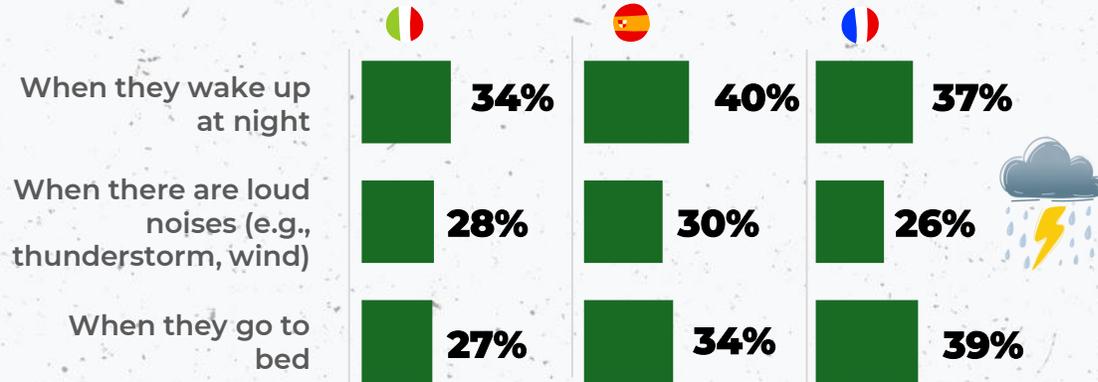


# DARKNESS: A NEW FRIEND!

## Children who are afraid of the dark

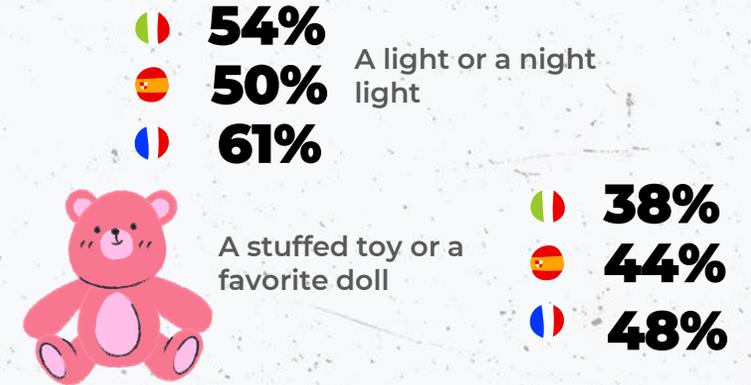


## Situations



## Symbolic object to overcome the fear of the dark

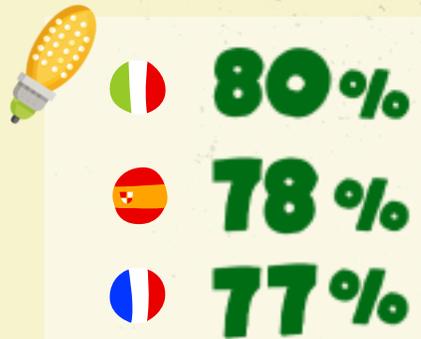
Base: children who have or have had a fear of the dark



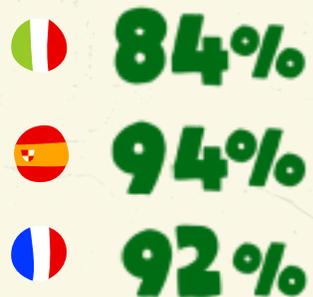
## Parents' strategies to address fear of the dark

Base: children who have or have had a fear of the dark

### Families who leave a light/night light on during the night



### Children who have a "bedtime" ritual



### They stay with their child until the child falls asleep



### But there is another challenge: sustainability!

Approximately **1 in 2** families consider leaving a light on to be unsustainable.

