



Hello Darkness, My Old Friend

Lynne Namka

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This book helps empower your child through using comforting images of night time. Fear of the dark can happen when young two-to-five year olds are old enough to imagine but have not yet learned to distinguish fantasy from reality. Their little imaginations can run wild at night. They feel vulnerable after watching something over stimulating on television or in books. Overactive imaginations can take over when they're lying alone in the dark. Make sure an older sibling is not scaring your little one with threatening ideas of monsters who will get them. Ask, "Is anyone scaring you about someone or something that will get you at night?"

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From reader reviews:

Marie Gambino:

A lot of people always spent their free time to vacation or even go to the outside with them friends and family or their friend. Did you know? Many a lot of people spent that they free time just watching TV, or perhaps playing video games all day long. In order to try to find a new activity that is look different you can read any book. It is really fun in your case. If you enjoy the book that you just read you can spent the whole day to reading a guide. The book Hello Darkness, My Old Friend it is rather good to read. There are a lot of people that recommended this book. These were enjoying reading this book. When you did not have enough space bringing this book you can buy the e-book. You can m0ore very easily to read this book through your smart phone. The price is not to cover but this book has high quality.

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Cynthia Barksdale:

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