



Emily Grace and the What-Ifs: A Story for Children About Nighttime Fears

Lisa B. Gehring MLIS

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Emily Grace and the What Ifs is the story of a very common problem many children face: nighttime fears. As soon as Emily Grace gets into bed, her mind starts running with scary "What Ifs," but then she takes a moment to calm down, notices the familiar details of her room, and sees that all is well. This story is a guide to showing children how to face their fears and self-soothe. Includes a Note to Parents and Caregivers.

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