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## Monster Spray

Meltzer / McLaughlin "Pediatric Sleep Problems - A Clinician's Guide"

For children who are afraid of monsters, ghosts, witches, or other imaginary creatures, "Monster Spray" can be just the trick to help them feel like they can get rid of those feared creatures!

- Fill a spray bottle with water and put a label on it that says "Monster Spray" (or "Ghost Spray," "Witch Spray," etc.).
- You can tell your child that
- "Monsters are allergic to this spray and that they will sneeze if they come too close to it"; or
- "Monster Spray protects you from monsters the same way that bug spray protects you from bugs;" or
- You can be creative. If you can think of something that will help your child feel as if he can get rid of the feared creatures, you can change the Monster Spray instructions.
- Let your child spray the Monster Spray around his room to "protect him from the monsters" or anywhere that he believes the monster may hide (e.g., closet).
- Repeat this every night before bed.
- You should eventually begin to see your child using the spray less and less as he begins to believe that the monsters won't come back.

*Monster Spray can be a fun way to help your child feel safe and in control at bedtime (and during the night) by making sure that he can get rid of anything that causes fear.*