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## *Eltereschoul Doheem #15*

Dear parents,

In 2021 we will continue to publish our regular letter to parents with topics covering everyday family life. Covid-19 has brought many uncertainties and fears back to the surface, even among children. What are these fears in children? How can we deal with them?

### *Monsters come out at night - how to react to children's fears?*

- Fear is part of a child's normal development. Around the age of 8 months it is the fear of separation, later the fear of a monster under the bed, and at school age the fear of friends "not liking" you. The fact that a child is afraid is not necessarily due to a crisis situation, like Covid-19.
- It is very important to take these childhood fears seriously, not to ridicule them and, above all, to leave room for fear. Being present and listening to your child provides a great support.
- Find practical solutions with the child to calm his fears. A small cloth soaked in the mother's perfume can make separation easier, and a small night light can drive away the fear of the dark.
- Avoid exposing the child to stimuli that could reinforce his fears, taking care to read stories or watch films adapted to his age.
- For the time being, we are inundated with bad news. Children catch on to more than we think. It is important to protect them from messages and images they cannot understand or digest.
- Parents will have should observe their child and check on the extent of their child's fears. If they feel overwhelmed by the situation, they should seek professional help.

The Ecole des Parents is organising an online workshop on the theme of "**Monsters come out at night**" (LU) on **04 March at 18:00**. This seminar will be chaired by Rolande Fellerich, educationalist, family counsellor.

Registration for the seminar is by email at: [eltereschoul@kannerschlass.lu](mailto:eltereschoul@kannerschlass.lu)

You will find the complete programme of the Ecole des Parents at [www.kannerschlass.lu](http://www.kannerschlass.lu).

The Ecole des Parents team

