



Indiana Association for Infant & Toddler Mental Health

Halloween brings scary movies, spooky costumes, and unfamiliar decorations at home and in the community. Some young children may be delighted; others may be afraid. Want to know which fears are typical and which signal a concern? **Consult a First Steps mental health provider!** We can help providers and families work with young children to master common fears and develop intervention strategies when a child's fears are unusual or causing problems in adaptation and family life.



Common fears for young children include: the dark, falling, animals and insects, masks, loud noises, and separating from parents. Call a First Steps mental health professional when families and children need help with common fears or when you see red flags:

- * Child is very hard to calm or soothe
- * Child is preoccupied with fear
- * Fear interrupts daily activities
- * Significant separation anxiety
- * Child appears to have been exposed to inappropriate material

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