

WHAT'S THE DIFFERENCE?

NIGHT TERROR

VS

NIGHTMARE

A kid may scream, shout, and thrash around in extreme panic and may even JUMP out of bed.

Usually occurs later in the night and cause strong feeling of fear, distress, or anxiety.

Common in children aged 3 to 8 years old



Age 3 to 6 years old. Most children grow out of them

WHAT TO EXPECT...

- 👻 Their eyes will open, but they're not fully awake.
- 👻 Usually occur in the early part of the night, goes on for several minutes (up to 15mins).
- 👻 Sometimes occur more than once during the night.

- 👻 Child may wake up and be able to describe the dream to you.
- 👻 Can be caused by frightening experience such as watching a scary film or by something that's worrying them.



WHAT SHOULD YOU DO?

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VS

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Don't intervene or interact with them, unless they're not safe.
Night terrors can be frightening to witness, but they don't harm your child.

Don't attempt to wake your child when they're having an episode.
They may not recognize you and may become more agitated if you try to comfort them.

Try not to discuss the episodes with your child in a way that worries them.
This may increase their anxiety.



Talk to your child.
Find out whether anything is worrying them that could be triggering their nightmares.

It would help if they have a relaxing bedtime routine.

