

It can be a frightening experience for parents when their child is experiencing a night terror. Fortunately, the child usually does not have any memory of the episode when it is over. While little can be done to prevent night terrors, the main concern should be for the child's safety. Since the child may thrash around in bed, you should ensure the bedroom is free of objects and toys that could be harmful to them. A consistent bedtime and calming atmosphere is sometimes helpful. The good news is that children generally outgrow these night terrors by early adolescence.