

Refusing to go to bed, a child stood in the living room. Some children simply don't like putting their toys away and going to sleep, but Amelia was different. She was well-behaved and didn't get in trouble often. Amelia didn't want to go to bed for a simple, common reason: She was afraid of the dark. She had nightlights, but all broke. Her last one broke the night before.

Her mother, Katie, called her over to the couch she was sitting on. Amelia came over. At least her mom wasn't making her go to bed at that moment.

Katie was an understanding mother, she tried explaining to Amelia there was nothing to be afraid of. Although Katie tried, Amelia's worries weren't so easily settled. Then, Katie tried a different tactic.

"Amelia, what do you find so frightening about the dark?" Katie asked.

Amelia thought for a moment. "There's no light all night long, and you can't see anything."

"Well, night only lasts until morning. If you go to sleep, morning only comes that much faster."

"Yeah, but night lasts so long..."

"True, but morning comes after every long night. Every night has a dawn, and light always comes back. Have a little hope, and trust that morning will come sooner rather than later. Believing in something can do a lot more than you know."

Amelia was quiet for a moment.

"Alright, I'll try going to bed," Amelia said, then went to her room after a big hug from her mother. She got comfortable under her blankets and turned off the light. Amelia remembered what her mom said, and imagined that the sun would rise soon. As she did, she found herself slowly drifting off to sleep.

While watching her from a crack in the door, her mother whispered,

"Goodnight Amelia."