

# A Christmas Monster Story: A Present for Edgar Elf

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2026-06

## Synopsis

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inLanguage	english

Is your child difficult to get to sleep at bedtime? Then help is here with the Christmas Monster series.

Part of Mary Fern's best-selling bedtime series, these audiobooks are specially designed to help calm children. This set has a wonderful Christmas holiday theme with Monster helping to choose last-minute presents and get them to Santa in time.

No one really knows what sparks off these feelings of insecurity at nighttime. They can be triggered by so many different things. Mary Fern's Monster audiobooks are aimed at calming down and reassuring children they are safe and secure when they are tucked up in their beds. Indeed, the Monster Under the Bed is there to look after them and reassure them.

Young minds are full of all the excitement of the day, and they are not old enough yet to understand why they feel the way they do. While we associate going to bed and sleeping with rest and relaxation, children can sometimes become stressed and anxious as they are parted from their parents and siblings and worry about being left alone.

Mary Fern's Monster Under the Bed audiobooks have been carefully made and designed to help anxious children find restful sleep and to part with their fears.

The tone and pace of the audiobook are purposefully set to help a child wind down after an exciting day. The audiobook is full of reassurances and helps them to focus on an inner calm. The Monster is there to hold their hand whenever they need it. The message is a clear one: that even though they might be in their own bedroom, they are never truly alone. The suggestions continue.... It might be a story, but the underlying message is that it's sleep time and that their bed is a cozy, safe place to be.

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## Reader's comments

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