

Resources on Anxiety in Children

(because all children have worries and fears sometimes)

Available from our Siskin Lending Library

For parents:

Worried No More: Help and Hope for Anxious Children (Wagner)

Overcoming Anxiety in Children and Teens (Baker)

Freeing Your Child From Anxiety: Powerful, Practical Strategies to Overcome Your Child's Fears, Phobias, and Worries (Chansky)

The Opposite of Worry: The Playful Parenting Approach to Childhood Anxieties and Fears (Cohen)

How to Parent Your Anxious Toddler (Daniels)

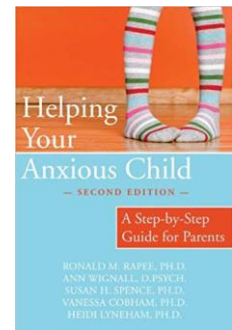
Helping Your Anxious Child: A Step-by-Step Guide for Parents (Rapee, Wignall)

Helping Your Child Overcome Separation Anxiety or School Refusal (Eisen, Engler)

Anxiety-Free Kids: An Interactive Guide for Parents and Children (Zucker)

Monsters Under the Bed and Other Childhood Fears: Helping Your Child Overcome Anxieties, Fears, and Phobias (Garber, Spizman)

The Shyness Breakthrough: A No-Stress Plan to Help Your Shy Child Warm Up, Open Up, and Join the Fun (Carducci)



For younger children:

When My Worries Get Too Big (Buron)

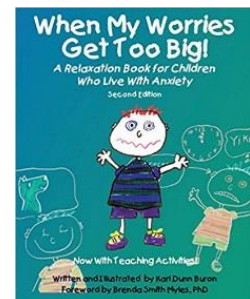
Wilma Jean the Worry Machine (Cook, DuFalla)

When I Feel Worried (Spelman)

When I Miss You (Spelman)

Wemberly Worried (Henkes)

When I Feel Afraid (Meiners)

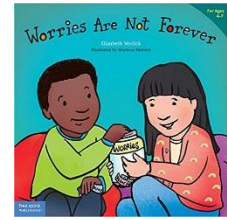


What Do You Do With a Problem? (Yamada)

Be Brave Little One (Richmond)

Scaredy Squirrel Makes a Friend and other Scaredy Squirrel books (Watt)

Worries Are Not Forever (Verdick)

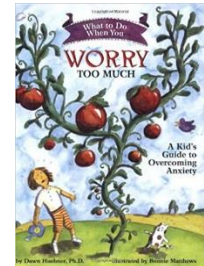


For older children:

The Relaxation and Stress Reduction Workbook for Kids: Help for Children to Cope with Stress, Anxiety, and Transitions (Shapiro, Sprague)

I Bet I Won't Fret : A Workbook to Help Children with Generalized Anxiety Disorder (Sisemore)

What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety (Huebner, Matthews)



On perfectionism:

Penelope Perfect: A Tale of Perfectionism Gone Wild (Anderson)

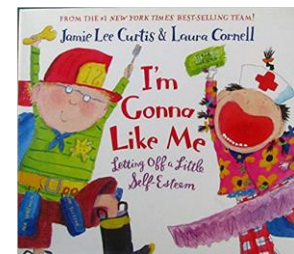
The Girl Who Never Made Mistakes (Pett, Rubinstein)

Self-confidence boosts for young children:

Be Who You Are; The I'm Not Scared Book; It's Okay to Be Different (Parr)

I'm Gonna Like Me: Letting Off a Little Self-Esteem (Curtis)

I Like Myself (Beaumont)



Note: We also have many children's books that address **specific fears** (dark, storms, fire drills, doctors, new school) which can be helpful for engaging children in conversations.

Online resource:

What to Do (and Not Do) When Children Are Anxious (article from the Child Mind Institute)