

## Child Anxiety Resources

### BOOKS FOR CAREGIVERS

- Freeing Your Child from Anxiety, Revised and Updated Edition: Practical Strategies to Overcome Fears, Worries, and Phobias and Be Prepared for Life – from Toddlers to Teens by Tamar Chansk
- Helping Your Anxious Child: A Step-by-Step Guide for Parents by Ronald Rapee, et al
- Anxiety Relief for Kids: On-the-Spot Strategies to Help Your Child Overcome Worry, Panic & Avoidance by Bridget Flynn Walker, PhD
- Letting Go of Perfect: Overcoming Perfectionism in Kids by Jill Adelson, PhD and Hope Wilson, PhD
- Building Resilience in Children and Teens: Giving Kids Roots and Wings by Kenneth Ginsburg, MD
- The Self-Driven Child: The Science and Sense of Giving Your Kids More Control Over Their Lives by Ian Stixrud, PhD and Ned Johnson
- No More Meltdowns: Positive Strategies for Managing and Preventing Out-Of-Control Behavior by Jed Baker, PhD
- How to Talk So Kids Will Listen & Listen So Kids Will Talk by Adele Faber
- Stress Free Kids: A Parent's Guide to Helping Build Self-Esteem, Manage Stress, and Reduce Anxiety in Children by Lori Lite
- Kid Confidence: Help Your Child Make Friends, Build Resilience, and Develop Real Self-Esteem by Eileen Kennedy-Moore, PhD

### BOOKS FOR CHILDREN

- Outsmarting Worry: An Older Kid's Guide to Managing Anxiety by Dawn Huebner, PhD
- What to Do When Mistakes Make You Quake: A Kid's Guide to Accepting Imperfection by Claire Freeland, PhD and Jacqueline Toner, PhD
- What to Do When Good Enough Isn't Good Enough: The Real Deal on Perfectionism by Thomas Greenspon, PhD
- The Anxiety Workbook for Kids by Robin Alter, PhD and Crystal Clarke, MS
- The Kids' Guide to Staying Awesome and In Control: Simple Stuff to Help Children Regulate their Emotions and Senses by Lauren Brukner
- The Coping Skills for Kids Workbook by Janine Halloran, MA
- The Relaxation and Stress Reduction Workbook for Kids: Help for Children to Cope with Stress, Anxiety, and Transitions by Lawrence Shapiro, PhD and Robin Sprauge, LCPC
- CBT Workbook for Kids by Heather Davidson, PsyD
- What Should Danny Do? (The Power to Choose Series) by Ganit & Adir Levy
- Train/Teach Your Dragon series - several books on managing emotions, improving behavior and accepting limits
- Listening to My Body by Gabi Garcia
- What to Do When You Worry Too Much by Dawn Huebner, PhD

## ORGANIZATIONS & RESOURCES

- [Worry Wise Kids](#) - Comprehensive website with information on anxiety disorders in children and adolescents. Includes book recommendations and ideas for school accommodations.
- [Think:Kids](#) at Massachusetts General Hospital - Offers an online blog and training videos to help families of children and adolescents with behavioral issues.
- [Texas Parent to Parent](#) - Provides parent conferences, a parent mentorship.
- [Parents Helping Parents](#) - Provides free educational material, a monthly newsletter, assistive technology information, consultation with educational specialists, and parent support groups for families.
- [Navigate Life Texas](#) - Free videos, blog, newsletter and resources for the families of special needs individuals, including advice on implementing IEP and 504 Plans for individuals in the public school system.

## RECOMMENDED APPS

- *First Then Visual Schedule* by Good Karma Applications. Visual schedules to increase independence and reduce difficulty with transitions.
- *Calm: Meditation* by [calm.com](#). Mindfulness and meditation app to help reduce anxiety and improve sleep.
- *Mindfulness for Children* by Jannik Holgerse. Teaches breathing and visualization exercises.
- *HelloMind* by HelloMind APS. *Children can choose treatments that target low self-esteem, needing courage, or being afraid to stick up for one's self.*
- *Headspace* by Headspace Meditation Limited. A mindfulness app that is customized for three age groups: under 5, 6-8 and 9-12.