

CHILDHOOD ANXIETY PROBLEMS

BACKGROUND INFORMATION

The worried child: Recognizing anxiety in children and helping them heal by Paul Foxman, Hunter House Publishers (2004) LPL Call # 155.41246 Fox

Freeing your child from anxiety: Powerful, practical solutions to overcome your child's fears, worries, and phobias by Tamar E. Chansky Broadway (2004) LPL Call # 618.928522 Cha

Your anxious child: Raising a healthy child in a frightening world by Mary Ann Shaw, Tapestry Press Inc (2003) LPL Call # 649.154 Sha

STEP-BY-STEP GUIDES

Helping your anxious child: A step-by-step guide for parents by Ronald M. Rapee, New Harbinger Publications (2000) LPL Call # 618.9285223 Hel

The anxiety cure for kids: A guide for parents by Elizabeth DuPont Spencer, Wiley (2003) LPL Call # 618.9285223 Spe

Your anxious child: How parents and teachers can relieve anxiety in children by John S. Dacey, Jossey-Bass (2000) LPL Call # 649.1 Dac

Help for worried kids: How your child can conquer anxiety and fear by Cynthia G. Last, Guilford Press (2006) LPL Call # 618.9282522 Las

Seven steps to help your child worry less: A family guide by Sam Goldstein, Specialty Press (2002) LPL Call # 155.41246 Gol

Worried no more: Help and hope for anxious children by Aureen Pinto Wagner, Lighthouse Press, 2nd edition (2005) LPL Call # 618.928522 Wag

Helping your child with selective mutism by Angela E. McHolm, Charles E. Cunningham, and Melanie K. Vanier, New Harbinger Publications (2005) LPL Call # 618.9289 MacH

Talking back to OCD: The program that helps kids and teens say "no way" -- and parents say "way to go" by John S. March, The Guilford Press (2007) LPL Call # 618.9285227 Mar

BOOKS FOR CHILDREN

Ready, set, relax a research-based program of relaxation, learning, and self-esteem for children Jeffrey S. Allen, Roger J. Klein, Inner Coaching, (1996) LPL Call # j155.418 All

A boy and a bear: The children's relaxation book by Lori Lite, Meg Hartigan, Specialty Press (1996) LPL Call # jP Lit

I am NOT going to school today! by Robie H. Harris, McElderry Books (2003) LPL Call # jP Har

Cat's got your tongue? A story for children afraid to speak by Charles E. Schaefer, Gareth Stevens (1993) LPL Call # jP Sch

Fighting invisible tigers: Stress management for teens by Earl Hipp, Monarch Books (2008) LPL Call # 155.518 Hip

What to do when you're scared & worried: A guide for kids by James J. Crist, Free Spirit Publishing Inc. (2004) LPL Call # j152.46 Cri

What to do when you worry too much: A kid's guide to overcoming anxiety by Dawn Huebner, Bonnie Candace, Ellen Candace, Magination Press (2006) LPL Call # j155.41246 Hue

What to do when your brain gets stuck: A kid's guide to overcoming OCD by Dawn Huebner, and Bonnie Matthews, Magination Press (2007) LPL Call # j618.9285227 Hue

Mr. Worry: A story about OCD by Holly L. Niner, Albert Whitman & Company (2004) LPL Call # jP Nin

Up and down the worry hill: A children's book about obsessive-compulsive disorder and its treatment by Aureen Wagner, Lighthouse Press, Inc. (2004) LPL Call # j618.9285227 Wag

VIDEOS

Fighting their fears: Child and youth anxiety by Melanie Wood, National Film Board of Canada (2004) LPL Call # 618.928522 Fig

WEB SITES

Anxiety Disorders Association of America
www.adaa.org/GettingHelp/FocusOn/Children&Adolescents.asp

Canadian Paediatric Society
<http://www.caringforkids.cps.ca/behaviour&parenting/Fears.htm>



This resource list was created through consultation with existing resource lists from the Offord Centre for Child Studies http://knowledge.offordcentre.com/about/about_pamphlets.html, and the Child and Parent Resource Institute <http://www.cpri.thehealthline.ca/resources.asp>.