

RESOURCES FOR PARENTS OF ANXIOUS CHILDREN

Courtesy of the Child Anxiety Program in the Psychological Consultation Center at the
University of Rhode Island 401-874-4263

Internet Resources:

For online information on child anxiety disorders, visit:

The Child Anxiety Network: www.childanxiety.net

WorryWise Kids: www.worrywisekids.org

Temple University's Child and Adolescent Anxiety Disorders Clinic:
www.childanxiety.org

UCLA Child and Adolescent OCD, Anxiety, and Tic Disorders Program:
www.npi.ucla.edu/caap/

New York University Child Study Center: www.aboutourkids.org

Massachusetts General Hospital School Psychiatry Program and MADi Resource Center:
www.massgeneral.org/schoolpsychiatry/info_anxiety.asp

Anxiety Disorders Association of America: www.adaa.org

The Center for Mental Health Services: www.mentalhealth.org

American Academy of Child and Adolescent Psychiatry: www.aacap.org

Academy of Cognitive Therapy: www.academyofct.org

Association for Behavioral and Cognitive Therapies: www.abct.org

Books For Parents:

Chansky, T. E. (2001). Freeing your child from obsessive-compulsive disorder: A powerful, practical program for parents of children and adolescents. Crown Publishing Group.

Chansky, T. E. (2004). Freeing your child from anxiety: Powerful, practical solutions to overcome your child's fears, worries, and phobias. Broadway Books.

Chansky, T. E. (2008). Freeing your child from negative thinking. Da Capo.

Crist, J. (2004). What to do when you are scared and worried: A guide for kids. Minneapolis, MN: Free Spirit Publishing.

- Dacey, J. S., & Fiore, L. B. (2000). *Your anxious child: How parents and teachers can relieve anxiety in children*. Jossey-Bass.
- Eisen, A. & Engler, L. (2006). *Helping our child overcome separation anxiety or school refusal*. Oakland, CA: New Harbinger Publications.
- Manassis, K. (1996). *Keys to parenting your anxious child*. Barron's Educational Series, Inc.
- Rapee, R. M., Spence, S., Cobham, V., & Wignall, A. (2000). *Helping your anxious child: A step-by-step guide for parents*. New Harbinger.
- Spencer, E. D., DuPont, R., & DuPont, C. (2003). *The anxiety cure for kids: A guide for parents*. John Wiley & Sons.

Books for Kids:

Examples of disorder-specific and technique-specific books include:

- I don't want to go to school: Helping children cope with separation anxiety* (separation anxiety); 2005, Kathy Voerg & Nancy Pando, New Horizon, 4-8 yrs.
- The good-bye book* (separation anxiety); 1992, Judith Viorst & Kay Choroa, Alladin, 4-8 yrs.
- I bet I won't fret* (generalized anxiety); 2008, Timothy Sisemore, Instant Help Publications
- True or false: Tests stink* (test anxiety); 1999, Trevor Romand & Elizabeth Verdick, Free Spirit, 4-8 yrs.
- Understanding Katie* (selective mutism); 2003, Elisa Shipon-Blum, Selective Mutism Anxiety Research and Treatment Center, 4-8 yrs.
- Cat's got your tongue: A story for children afraid to speak* (selective mutism); 1992, Charles Schaefer & Judith Friedman, Magination Press, 4-8 yrs.
- Worry wart Wes* (generalized anxiety); 2002, Tolya Thompson & Juan Perez, Savor Publishing House, 4-8 yrs.
- Mr. Worry: A story about OCD* (obsessive compulsive disorder); 2004, Holly Niner & Greg Swearingen, Albert Whitman & Co., 4-8 yrs.
- Up and down the worry hill* (obsessive-compulsive disorder); 2004, Auren Pinto Wagner & Paul A. Jutton, Lighthouse Press, 9-12 yrs.
- A terrible thing happened: A story for children who have witnessed violence or trauma* (post traumatic stress disorder); 2000, Margaret Holmes, Sasha Mudlaff, Magination Press, 4-8 yrs.
- A boy and a turtle* (relaxation); 2007, Lori Lite, LiteBooks.net
- Goodnight caterpillar* (relaxation); 2007, Lori Lite, LiteBooks.net, 4-8 yrs.

Situation-specific books on the market include:

- Big Ernie's new home: A story for children who are moving*; 2006, Teresa Martin & Whitney Martin, Magination Press, 2-6 yrs.
- Into the great forest: A story for children away from parents for the first time*; 2000, Irene Marcus & Paul Marcus, Magination Press, 3-7 yrs.
- Jessica and the wolf: A story for children who have bad dreams*; 1990, Ted Lobby, Magination Press, 3-8 yrs.

Lions aren't scared of shots: A story for children about visiting the doctor; 2006, J. Bennett & M. S. Weber, Magination Press, 4-6 yrs.
Night light: A story for children afraid of the dark; 1991, Jack Dutro & Kenneth Boyle, Magination Press, 3-7 yrs.
Scary night visitors: A story for children with bedtime fears; 1991, Irene Marcus & Paul Marcus, Magination Press, 3-7 yrs.
When Fuzzy was afraid of big and loud things; 2005, Inger M. Maier & Jennifer Candon, Magination Press, 3-7 yrs.
When Fuzzy was afraid of losing his mother; 2004, Inger M. Maier & Jennifer Candon, Magination Press, 3-7 yrs.

Books written in a workbook format include:

What to do when you worry too much: A kid's guide to overcoming anxiety; 2005, Dawn Huebner, Magination Press, 6-12 yrs.
What to do when your brain gets stuck: A kid's guide to overcoming OCD; 2007, Dawn Huebner, Magination Press, 9-12 yrs.
Think good-feel good: A cognitive-behavioral workbook for children; 2002, Paul Stallard, Wiley
What to do when you are scared and worried: A guide for kids; 2004, James Crist, Free Spirit, 9-12 yrs.

The following books are targeted for adolescent readers:

Passing exams without anxiety: How to get organized, be prepared, and confident of success; 1998, David Acres, Trans-Atlantic Publications
Coping with anxiety and panic attacks; 1997, Jordan Lee & Carolyn Simpson, Rosen Publishing Group
The anxiety workbook for teens: Activities to help you deal with anxiety and worry; 2008, Lisa Schab, New Harbinger Publications
What you must think of me: A firsthand account of one teenager's experience with social anxiety disorder; 2007, Emily Ford, Michael Liebowitz, & Linda W. Andrews, Oxford University Press