Anxiety Resources:

Tips for Parents with an Anxious Child

- Pay attention to your child's feelings and help them handle those feelings.
- Stay calm when your child becomes anxious about a situation or event.
- Recognize and praise small accomplishments.
- Don't punish mistakes or lack of progress.
- Be flexible and try to maintain a normal routine.
- Modify expectations during stressful periods.
- Plan for transitions (For example, allow extra time in the morning if getting to school is difficult).
- Work together as parents
- Encourage your child to face his/her fears
- Schedule relaxing activities
- Establish routines and stick with them
- Help change your child's automatic thoughts (from "I am going to do terrible on that spelling test Friday", to "I have all week to study for that spelling test, I can practice two words a night")

Websites on Anxiety:

1. http://www.adaa.org/ Anxiety Disorders Association of America.
2. http://www.worrywisekids.org/
3. http://www.anxietybc.com/
4. http://www.childanxiety.net
5. www.nlm.nih.gov/medlineplus/anxiety.html
6. www.childanxiety.org

Books for Parents

1. *Helping Your Anxious Child : A Step-by-Step Guide for Parents*. Rapee (2000)
2. *Anxiety Disorders in Children and Adolescents*. March, J. S. (1995)
3. *Your Anxious Child: How Parents and Teachers Can Relieve Anxiety in Children* John Dacey (2000)
4. *Children's Stress and Coping: A Family Perspective* Sorenson, E. S. (1993)
5. *Anxiety-Free Kids: An Interactive Guide for Parents and Children* by Bonnie Zucker
6. *The Everything Parent's Guide to Overcoming Childhood Anxiety: Professional Advice to Help Your Child Feel Confident, Resilient, and Secure* by Sherianna Boyle
7. *Helping Your Anxious Child: A Step-by-Step Guide for Parents* by Ann Wignall, Susan H. Spence, Vanessa Cobham, Heidi Lyneham
8. *Please Explain Anxiety to Me! Simple Biology and Solutions for Children and Parents* by Laurie Zelinger, Jordan Zelinger

Books for Kids with Anxiety:

1. *What to do When you Worry Too Much: A Kids guide to Overcoming Anxiety* by Dawn Huebner
2. *David and the Worry Beast: Helping Children Cope with Anxiety* by Anne Marie Guanci
3. *The Panicosaurus: Managing Anxiety in Children Including Those with Asperger Syndrome* by K. I. Al-Ghani · Jessica Kingsley
4. *Worry, Worry, Go Away!: A Kid's Book about Worry and Anxiety* by Christine A. Adams
5. *I Don't Want to Go to School: Helping Children Cope with Separation Anxiety* by: Nancy Pando
6. *Wemberly Worried* by Kevin Henkes
7. *What to Do When You're Scared and Worried: A Guide for Kids* by James Crist