

Anxiety & Depression - Across the Stages and Ages

BOOKS

- Parenting Anxious Kids- Understanding Anxiety in Children by Age and Stage: Regine Galanti, PhD
- Parenting Anxiety- Breaking the Cycle of Worry & raising resilient Kids: Meredith Elkins, PhD
- The Anxious Generation – How the Great Rewiring of Childhood is Causing an Epidemic of Mental Illness: Jonathan Haidt
- The Whole-Brain Child: Daniel J. Siegel & Tina Payne Bryson
- When Your Child Is Depressed: David A. Brent & Karen Dineen Wagner
- Screenwise: Helping Kids Thrive (and Survive) in Their Digital World: Devorah Heitner

DOCUMENTARIES

- The Social Dilemma (Netflix): Discusses how social media impacts mental health, manipulates behavior.
- Social Studies (FX): Docuseries following teens' experiences with mental health and social media
- Can't Look Away (Documentary)

HELPFUL WEBSITES

- [Guides - Child Mind Institute](#)
- [Common Sense](#)
- [Mental Health Resources for Families](#)
- [Resources for Parents and Caregivers - The Kids Mental Health Foundation](#)

ARTICLES

- [10 Tips for Parenting Kids with Anxiety](#)
- [How to Avoid Passing Anxiety to Children: Parenting Tips | Child Mind Institute](#)
- [How to Help Kids Overcome Negative Self-Talk](#)
- [Does Social Media Cause Depression in Kids?](#)
- [School-Age Children | Psychology Today](#)