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Child Anxiety Resources

For Parents/Teachers

You and Your Anxious Child (Albano)

Helping your Anxious Child: A Step-by-Step Guide for Parents. (Rapee, Spence, Cobham, & Wignall)

Keys to Parenting an Anxious Child. (Manassis)

Freeing Your Child From Anxiety (Chansky)

Worried No More: Help and Hope for Anxious Children. (Wagner)

The Silence Within: A Teacher/Parent Guide to Working with Selectively Mute and Shy Children. (Kervatt)

Monsters Under the Bed and Other Childhood Fears: Helping your Child Overcome Anxieties, Fears, and Phobias (Garber, Garber & Spizman)

Straight Talk about Psychiatric Medications for Kids (Wilens)

Good Friends are Hard to Find: Help your Child Find, Make, and Keep Friends (Frankel & Wetmore)

For Children

You've Got Dragons (Cave & Maland)

When My Worries Get Too Big (Buron)

What To Do When You're Scared and Worried (Crist)

Unraveling Rose (Wray)

Wilma Jean the Worry Machine (Cook)

What To Do When You Worry Too Much (Huebner)

First Day Jitters (Danneberg)

Wemberly Worried (Henkes)

Scary Night Visitors: A Story for Children with Bedtime Fears (Marcus, Marcus, & Jesche)

I Don't Know Why...I Guess I'm Shy: A Story About Taming Imaginary Fears (Cain & Smith-Moore)

Into the Great Forest: A Story for Children Away from Parents for the First Time (Marcus, Marcus, & Jesche)

Night Light: A Story for Children Afraid of the Dark (Dutro & Boyle)

Cat's Got Your Tongue? A Story for Children Afraid to Speak. (Schaefer & Friedman)

Up and Down the Worry Hill (Wagner; for OCD)

Kissing Doorknobs (Hesser; OCD – young adult)

Internet Resources

Society for Clinical Child and Adolescent Psychology: www.clinicalchildpsychology.org

Empirically Supported Treatments for Children: effectivechildtherapy.org

The Child Anxiety Network: www.childanxiety.net

Anxiety Disorders Association of America: www.adaa.org

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

Adolescent Mental Health: www.teenmentalhealth.org