

## **RESOURCES FOR CHILDHOOD AND ADOLESCENT ANXIETY**

### **Internet Resources:**

For online information on child anxiety disorders, visit:

The Child Anxiety Network: [www.childanxiety.net](http://www.childanxiety.net)

WorryWise Kids: [www.worrywisekids.org](http://www.worrywisekids.org)

Massachusetts General Hospital School Psychiatry Program and MADI Resource Center:  
[www.massgeneral.org/schoolpsychiatry/info\\_anxiety.asp](http://www.massgeneral.org/schoolpsychiatry/info_anxiety.asp)

Anxiety Disorders Association of America: [www.adaa.org](http://www.adaa.org)

The Center for Mental Health Services: [www.mentalhealth.org](http://www.mentalhealth.org)

American Academy of Child and Adolescent Psychiatry: [www.aacap.org](http://www.aacap.org)

Association for Behavioral and Cognitive Therapies: [www.abct.org](http://www.abct.org)

### **Local Resources:**

Family Resource Center at MassGeneral for Children at North Shore Medical Center – Offers resources and programs for parents and children, including **Mindfulness for Children and Teens**. Call 978-354-2670 for program information.

Boston University Center for Anxiety and Related Disorders: [www.bu.edu/card/get-help/child-programs/](http://www.bu.edu/card/get-help/child-programs/)

### **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.
- Wilson, R. & Lyons, L. (2013). *Anxious kids, anxious parents: 7 ways to step the worry cycle and raise courageous and independent children*. HCI.
- Wilson, R. & Lyons, L. (2013). *Playing with Anxiety: Casey's guide for teens and kids*. BookBaby
- Zucker, B. (2008). *Anxiety free kids: An interactive guide for parents and children*. Prufrock Press.

### **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
- David and the worry beast: Helping children cope with anxiety* (generalized anxiety); 2007, Anne Marie Guanci.
- 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, Aureen 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 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.
- When my worries get too big: A relaxation book for children who live with anxiety*; 2013, Kari Dunn Buron, AAPC.

**Books 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