Resources for Parents of Children with Anxiety Disorders

WEBSITES

- 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
- Pamela Rand’s YoGuides: www.yoguides.com

BOOKS FOR KIDS ages 3-8

- Night light: A story for children afraid of the dark by Dutro, J. & Boyle, K. (bedtime fears)
- Scary night visitors: A story for children with bedtime fears by Marcus, I. & Marcus, P. (bedtime fears)
- Goodnight caterpillar by Lite, L. (relaxation)
- A boy and a turtle by Lite, L. (relaxation)
- Worry Wart Wes by Thomson, T (generalized anxiety)
- Cat’s got your tongue: A story for children afraid to speak by Schaefer, C. & Friedman, J. (selective mutism)
- Understanding Katie by Shipon-Blum, E. from Selective Mutism Anxiety Research and Treatment Center (selective mutism)
- I don’t want to go to school: Helping children cope with separation anxiety by Voerg, K. & Pando, N.
- The good-bye book by Viorst, J. & Chorao, K. (separation anxiety)
- Mr. Worry: A story about OCD by Niner, H. & Swearingen, G. (OCD)
- A terrible thing happened: A story for children who have witnessed violence or trauma by Holmes, M. & Mudlaff, S. (post-traumatic stress disorder)
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BOOKS FOR
KIDS ages 9-12

• *I bet I won’t fret: A workbook to help children with Generalized Anxiety Disorders* by Sisemore, T. (generalized anxiety)
• *Up and down the worry hill* by Wagner, A. P. & Jutton, P. A. (OCD).

BOOKS FOR PARENTS