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

• Lite, L. (2007). Goodnight caterpillar. LiteBooks.net, 4-8 yrs. (relaxation)
• Lite, L. (2007). A boy and a turtle. LiteBooks.net (relaxation)
• Thomson, T. (2002). Worry Wart Wes. Savor Publishing House, 4-8 yrs. (generalized anxiety)
• Shipon-Blum, E. (2003). Understanding Katie. Selective Mutism Anxiety Research and Treatment Center, 4-8 yrs. (selective mutism)
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BOOKS FOR PARENTS