

# Resources for Parents of Children with Anxiety Disorders

## WEBSITES

- The Child Anxiety Network: [www.childanxiety.net](http://www.childanxiety.net)
- WorryWise Kids: [www.worrywisekids.org](http://www.worrywisekids.org)
- Temple University's Child and Adolescent Anxiety Disorders Clinic: [www.childanxiety.org](http://www.childanxiety.org)
- UCLA Child and Adolescent OCD, Anxiety, and Tic Disorders Program: [www.npi.ucla.edu/caap/](http://www.npi.ucla.edu/caap/)
- New York University Child Study Center: [www.aboutourkids.org](http://www.aboutourkids.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)
- Academy of Cognitive Therapy: [www.academyofct.org](http://www.academyofct.org)
- Association for Behavioral and Cognitive Therapies: [www.abct.org](http://www.abct.org)
- Pamela Rand's YoGuides: [www.yoguides.com](http://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. & Choro, 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

- 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 your 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