

# ANXIETY RESOURCES

## PARENT BOOKS

- The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind by Daniel J. Siegel and Tina Payne Bryson
- The Opposite of Worry: The Playful Parenting Approach to Childhood Anxieties and Fears by Lawrence J. Cohen
- Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous & Independent Children by Reid Wilson and Lynn Lyons
- Helping Your Anxious Child: A Step-by-Step Guide for Parents by Ronald Rapee
- The Worried Child by Paul Foxman
- Why Smart Kids Worry: And What Parents Can Do to Help by Allison Edwards

## APPS

- Breathe 2 Relax
- Calm
- Breathe, Think, Do Sesame Street
- Headspace: Guided Meditation and Mindfulness
- Stop, Breathe, and Think Kids
- Breathing Bubbles
- Smiling Mind
- Antistress
- Relax Melodies
- Woebot
- Sanvello

## WEBSITES

- [childanxiety.net](http://childanxiety.net)
- [worrywisekids.org](http://worrywisekids.org)
- [consciousdiscipline.com](http://consciousdiscipline.com)
- [susankaisergreenland.com](http://susankaisergreenland.com)

# CHILDREN'S BOOKS

- A Boy and a Bear: The Children's Relaxation Book by Lori Lite
- Wemberly Worried by Kevin Henkes
- When My Worries Get Too Big by Kari Dunn Buron
- Worry Says What? by Allison Edwards & Ayesha L Rubio
- The Bear Who Lost His Sleep by Jessica Lamb-Shapiro
- What to Do When You Worry Too Much by Dawn Huebner & Bonnie Matthews
- Wilma Jean the Worry Machine by Julia Cook
- What to Do When You're Scared and Worried: a Guide for Kids by James J. Crist
- Jack's Worry by Sam Zuppardi
- Angry Octopus by Lori Light
- Anxious Little Pishy by Brittany Joseph
- Hey Warrior by Karen Norvile Dovidonyte
- Taming Your Dragons by Marsha Belknap

# USEFUL ARTICLES

[psychcentral.com/lib/learning-deep-breathing/](https://psychcentral.com/lib/learning-deep-breathing/)

[bellybelly.com.au/parenting/emotional-regulation/](https://bellybelly.com.au/parenting/emotional-regulation/)

[onetimethrough.com/how-to-teach-kids-to-value-and-accept-feelings/](https://onetimethrough.com/how-to-teach-kids-to-value-and-accept-feelings/)

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