

Understanding Anxiety: Resources for Families

Websites

- AACAP Anxiety Disorders Resource Center
aacap.org/aacap/Families_and_Youth/Resource_Centers/Anxiety_Disorder_Resource_Center/Home.aspx
- Anxiety and Depression Association of America
adaa.org/
- WorryWiseKids
worrywisekids.org/
- On Our Sleeves: How to Help Kids Manage Anxiety
onoursleeves.org/mental-wellness-tools-guides/help-kids-manage-anxiety
- Coping Cat Parents
copingcatparents.com
- [Anxiety in Teens is Rising: What's Going On?](http://healthychildren.org) (healthychildren.org)
This parenting website from the AAP has great handouts
- [School Avoidance: Tips for Concerned Parents](http://healthychildren.org) (healthychildren.org)

Handouts & Guides

- Children's Mental Health Matters Facts for Families: Anxiety Disorders
childrensmentalhealthmatters.org/files/2021/03/Anxiety-Disorders-2021.pdf
- American Academy of Child and Adolescent Psychiatry: Anxiety Disorders Parents' Medication Guide
aacap.org/App_Themes/AACAP/docs/resource_centers/resources/med_guides/anxiety-parents-medication-guide.pdf

Apps

App Name	Ages	Description	Cost
Breathe, Think, Do with Sesame	2-5	Teaches skills such as problem-solving, self-control, planning, and task persistence	Free IOS, Android
Chill Outz	4-10	Animated stories teaching children proven techniques to stay mindful and relaxed anywhere, anytime	\$4.99 IOS
Monster Meditation	2-6	Meditation, relaxation (from Sesame Street and Headspace)	Free on YouTube
Calm	Ages 9+	Meditation, relaxation (kids pack unlocks for ages 5-8)	Free to try; upgrade for fee IOS, Android
Dreamy Kid	Ages 4+	Meditation, guided visualization, and affirmations	Free IOS, android
Headspace	Ages 9+	Guided meditation (kids pack unlocks for age 5 and under)	Free to try; upgrade for free IOS, Android
Smiling Mind	7-18	Mindfulness meditation techniques, targeted at different ages including one for ages 7-9	Free IOS
MindShift CBT	Ages 11+	CBT strategies, including thought journals, belief experiments, fear ladders, comfort zone challenges	Free IOS



Books — for Caregivers

- *Helping Your Anxious Child: A Step-by-Step Guide for Parents* (2008), by Ronald Rapee, et al.
- *Parent-Led CBT for Child Anxiety: Helping Parents Help Their Kids* (2016), by C. Creswell, M. Parkinson, K. Thirtwall, and L. Willetts
- *Freeing Your Child from Anxiety, Revised and Updated Edition: Practical Strategies to Overcome Fears, Worries, and Phobias and Be Prepared for Life — from Toddlers to Teens* (2014), by Tamar E. Chansky
- *Freeing Your Child from Negative Thinking: Powerful, Practical Strategies to Build a Lifetime of Resilience, Flexibility, and Happiness* (2008), by Tamar E. Chansky
- *Monsters Under the Bed and Other Childhood Fears: Helping your Child Overcome Anxieties, Fears, and Phobias* by Stephen W. Garber, PhD, Robyn Freedman Spizman, and Marianne Daniels Garber (1993)

Books — for Kids

- *What to Do When Mistakes Make You Quake: A Kid's Guide to Accepting Imperfection* (2015), by Claire A. B. Freeland and Jacqueline B. Toner
- *The Anxiety Workbook for Kids: Take Charge of Fears and Worries Using the Gift of Imagination* (2016), by R. Alter and C. Clarke
- *The Relaxation and Stress Reduction Workbook for Kids: Help for Children to Cope with Stress, Anxiety, and Transitions* (2009), by L. Shapiro and R. Sprague
- *What to Do When You Worry Too Much: A Kid's Guide to Managing Anxiety*, by Dawn Huebner, PhD
- *Outsmarting Worry: An Older Kid's Guide to Managing Anxiety*, by Dawn Huebner, PhD
- *What to Do When Your Brain Gets Stuck: A Kid's Guide to Overcoming OCD*, by Dawn Huebner, PhD