

Anxiety



Books

1. **The Worried Child: Recognizing Anxiety in Children and Helping Them Heal** by Paul Foxman, Hunter House Publishers (2004) ISBN:0897934202
2. **Freeing Your Child from Anxiety: Powerful, Practical Solutions to Overcome Your Child's Fears, Worries, and Phobias** by Tamara E. Chansky, Broadway (2004) ISBN:0767914929
3. **If Your Adolescent Has an Anxiety Disorder: An Essential Resource for Parents** by Edna B. Foa and Linda Wasmer Andrews, Oxford University Press (2006) ISBN:9780195181517
4. **Keys to Parenting Your Anxious Child** by Katharina Manassis, Barron's Educational Series (2008) ISBN:9780764139161
5. **Helping Your Anxious Child: A Step-By-Step Guide for Parents** by Ronald M. Rapee, New Harbinger Publications (2009) ISBN:978157224574
6. **The No-Cry Separation Anxiety Solution: Gentle Ways to Make Good-bye Easy from Six Months to Six Years** by Elizabeth Pantley, McGraw-Hill (2010) ISBN:9780071596909
7. **Parenting Your Anxious Child with Mindfulness and Acceptance: A Powerful New Approach to Overcoming Fear, Panic and Worry Using Acceptance and Commitment Therapy** by Christopher McCurry, New Harbinger (2009) ISBN:9781572245792
8. **Help for Worried Kids: How Your Child Can Conquer Anxiety and Fear** by Cynthia G. Last, Guilford Press (2005) ISBN:1572308583
9. **Growing Up Brave: Expert Strategies for Helping Your Child Overcome Fear, Stress, and Anxiety** by Donna B. Pincus, Little Brown and Company (2012) ISBN:9780316125604
10. **Worried No More: Help and Hope for Anxious Children** by Aureen Pinto Wagner, Lighthouse Press, 2nd edition (2005) ISBN:0967734797

Websites

<http://www.adaa.org/GettingHelp/FocusOn/Children&Adolescents.asp>
http://www.caringforkids.cps.ca/handouts/taming_the_monsters
<http://www.kidshealth.org/parent/> (search term "anxiety")

About the suggested resources

The books and resources on this list are selected from the collection at the Family Resource Centre at McMaster Children's Hospital. The selection is based on parent and child feedback, and from on-going reviews at the Family Resource Centre. The inclusion of a particular resource does not imply an endorsement of the information or suggestions in that resource. Many of our resources are general in nature, and may not apply to your situation. Your health care professional is the best source of information about your child's health and concerns.

Family Resource Centre

The Family Resource Centre's mission is to help families and the community to become active participants in their own health and medical care. The Family Resource Centre offers resources to understand and cope with illness and hospitalization, to learn more about your child's health, to help other family members learn how to help the patient and themselves, and to learn more about wellness, prevention and the human body.

The centre has a wide collection of books, DVDs, pamphlets and online resources about the problems and concerns that bring patients to McMaster Children's Hospital. Services provided include:

Check-out

Borrowing privileges are available to families, staff, and community members.

On-line Resources

In addition to books, DVDs and pamphlets, much health information is available through the Internet. The family Resource Centre can help you to find these resources, as well as information from our consumer health information database.

Audio-visual Materials

Your health-care provider may suggest that you view a particular DVD, or you may want to browse our collection.

For more information visit www.mcmasterchildrenshospital.ca

*The Family Resource Centre,
where knowledge grows.*

