

Anxiety for Children and Youth



Books for Children

1. **I Don't Want to Go to School: Helping Children Cope with Separation Anxiety** by Nancy Pando, New Horizon Press (2005) ISBN:0882822543
2. **When My Worries Get Too Big! A Relaxation Book for Children Who Live with Anxiety** by Kari Dunn Buron, Autism Asperger Pub. (2006) ISBN:9781931282925
3. **What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety** by Dawn Huebner, Magination Press (2005) ISBN:1591473144
4. **David and the Worry Beast: Helping Children Cope with Anxiety** by Anne-Marie Guanci, New Horizon Press (2007) ISBN:9780882822754
5. **The Relaxation and Stress Reduction Workbook for Kids: Help for Children to Cope with Stress, Anxiety, and Transitions** by Matthew McKay, Lawrence Shapiro & Robin Sprague, New Harbinger (2009) ISBN:9781572245822
6. **I Bet I Won't Fret: A Workbook to Help Children with Generalized Anxiety Disorder** by Timothy Sisemore, Instant Help Publishing (2008) ISBN:9781572246003

Books for Teens

7. **The Anxiety Workbook for Teens** by Lisa M. Schab, New Harbinger Publications (2008) ISBN:9781572246034
8. **The Anxiety & Phobia Workbook** Fifth Edition by Edmund J. Bourne, New Harbinger Publications (2012) ISBN:9781572248915
9. **My Anxious Mind: A Teen's Guide to Managing Anxiety and Panic** by Michael A. Tompkins and Katherine A. Martinez, Magination Press (2009) ISBN:9781433804502

Websites

<http://www.knowledgenetwork.ca/takingcare/splash.html>
<http://www.friendsinfo.net/>
<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.*

