

Here's some suggested resources about:

ANXIETY

Books

1. Coping With Anxiety and Panic Attacks by Jordan Lee Rosen, Publishing Group; (January 2000) ISBN: 0823932028 **HPL**
2. Keys to Parenting Your Anxious Child by Katharina Manassis, Barrons Educational Series; (1996) ISBN: 0812096053 **HPL**
3. The Anxiety Cure for Kids : A Guide for Parents by E. D. Spencer, John Wiley & Sons; (August 2003) ISBN: 0471263613
4. Freeing Your Child from Anxiety : Powerful, Practical Solutions to Overcome Your Child's Fears, Worries, and Phobias by T. E. Chansky, Broadway Books; (March 2004) ISBN: 0767914929
5. Seven Steps to Help Your Child Worry Less: A Family Guide by Kristy Agar, Specialty Press; (April 2003) ISBN: 1886941467
6. The Worried Child: Recognizing Anxiety in Children and Helping Them Heal by Paul Foxman, Hunter House; (February 2004) ISBN: 0897934202 **HPL**
7. Your Anxious Child: Raising a Healthy Child in a Frightening World by Mary Ann Shaw, Tapestry Press; (May 2003) ISBN: 193081917X **HPL**
8. Helping your anxious child : a step-by-step guide for parents by Ronald Rapee, New Harbinger Publications, (May 2000) ISBN: 1572241918 **HPL**
9. Your Anxious Child: How Parents and Teachers Can Relieve Anxiety in Children by John S. Dacey, Jossey-Bass, (December 2001) ISBN: 0787960403

Websites

<http://www.aacap.org/publications/factsfam/anxious.htm>

<http://www.adaa.org/AnxietyDisorderInfor/ChildrenAdo.cfm>

<http://www.caringforkids.cps.ca/behaviour/fears.htm>

The books and resources on this list are selected from the collection at the Family Resource Centres 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 Centres McMaster Children's Hospital (905) 521-2100

McMaster location: extension **73536**

Chedoke location: extension **77243**

The Family Resource Centres are dedicated to helping our families and the community to become active participants in their own health and medical care. The centres have a wide collection of books, videotapes, audiotapes and magazines and pamphlets about the problems and concerns that bring patients to McMaster Children's Hospital.

These resources are available on loan, and our staff and volunteers are available to assist you during most times. Please call the centre you will be visiting to confirm times that staff are available. For further information, please visit our web site at: <http://www.mcmasterchildrenshospital.ca/>

Hamilton Public Library (905) 546- 3200

HPL—This symbol means the book or resource is available at the Hamilton Public Library, which has an extensive collection of both popular and reference materials related to family health and disability. For access to their catalogue, and further information about branch locations and hours of service, please visit their web site at: <http://www.hpl.ca>