

Anxiety Books for Parents and Kids



Recommended by The Purposeful Parenting Clinicians at Southeast Psych

For Parents:

Chansky, T. (2014). *Freeing your Child from Anxiety: Practical strategies to overcome fears, worries, and phobias and be prepared for life--from toddlers to teens*. New York, NY: Harmony.

Chansky, T. (2001). *Freeing your child from obsessive-compulsive disorder: A powerful, practical program for parents of children and adolescents*. New York, NY: Harmony.

Dacey, J.S., & Fiore, L.B. (2000). *Your Anxious Child: How parents and teachers can relieve anxiety in children*. Chichester, West Sussex: John Wiley & Sons.

Foa, E.B. & Andrews, L.W. (2006). *If Your Adolescent Has an Anxiety Disorder: An Essential Resource for Parents*. New York, NY: Oxford University Press.

Foxman, P. (2011). *The Worried Child: Recognizing anxiety in children and helping them heal*. New York, NY: Hunter House.

Goldstein, S., Hagar, K. S., & Brooks, R. B. (2002). *Seven Steps to Help your Child Worry Less: A family guide*. Plantation, FL: Specialty Press.

McCurry, C. (2009). *Parenting Your Anxious Child with Mindfulness and Acceptance: A Powerful New Approach to Overcoming Fear, Panic, and Worry Using Acceptance and Commitment Therapy*. Oakland, CA: New Harbinger Publications.

For Kids ages 6-12:

Alber, D. (2019). *A Little Spot of Anxiety*. Diane Alber Art LLC.

Hasson, G. (2019). *Put Your Worries Away*. Minneapolis, MN: Free Spirit Publishing.

Huebner, D. (2006). *What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety*. Washington, DC: Magination Press.

Nelson-Schmidt, M. (2013). *Jonathan James and The What If Monster*. Kane Miller.

For Teens:

Schab, L.M. (2008). *The Anxiety Workbook for Teens: Activities to Help you Deal with Anxiety & Worry*. Oakland, CA: Instant Help Books.

Tompkins, M.A., & Martinez, K.A. (2011). *My Anxious Mind: A Teens Guide to Managing Anxiety and Panic*. Washington, DC: Magination Press.

Umbach, A. (2015). *Conquer Your Fears and Phobias for Teens: How to Build Courage and Stop Fear from Holding you Back*. Oakland, CA: New Harbinger Publications.

Willard, C. (2014). *Mindfulness for Teen Anxiety: A Workbook for Overcoming Anxiety at Home, at School, and Everywhere Else*. Oakland, CA: New Harbinger Publications.

The Purposeful Parenting Program at Southeast Psych provides practical evidence-based skills and parent coaching that families may flourish.

To get started, call intake at either Southeast Psych location: SouthPark 704-552-0116 or Ballantyne 704-970-4791