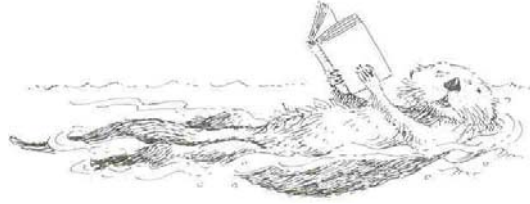


Stress and Children Booklist

This list includes some of the many books for parents on stress and children. Visit a local library or bookstore to choose those that best fit your needs and style of child rearing. You can also check out many of these books at the Family Resource Center at Children's located in the Train zone on the 5th floor.



experiences, hospitalization and illness, life-style changes and other potentially stress-producing situations.

For Children of All Ages

Children Under Stress: How to Help with the Everyday Stresses of Childhood

Medeiros, Donald, 1983

Covers stress at home, in divorce, with peers, from sports, school, hospitalization, and death and dying. Shows how to identify and alleviate symptoms of stress in children and offers concrete suggestions for coping and calming.

Childstress! Understanding and Answering Stress Signals of Infants, Children and Teenagers

Miller, Mary Susan, 1982

Explains the kinds of stress children live with from birth through teenage years. By identifying stress-related behavior as possibly pleas for help, it alerts adults to their children's early warning signals. Also provides guidelines for lessening stress, and coping with stresses that have to be lived with.

Growing Pains: Helping Children Deal with Everyday Problems through Reading

Cuddington, Maureen and Hanson, Mary Beth, 1988

A resource offering extensive annotated lists of children's literature dealing with issues including negative behavior, difficult situations, emotions and feelings, fears and much more.

Helping Children Cope

Fassler, Joan, 1978

With an emphasis on annotated books lists, this book offers an overview of stress-producing issues. Topics include death, separation

Helping Your Child Handle Stress

Kersey, Katharine, 1986

This comprehensive guide for parents tells how to head off unnecessary problems and cope with those that are unavoidable. Each section has an annotated booklist with selections for parents and children of all ages.

How to Help Children with Common Problems

Schaefer, Charles and Millman, Howard, 1981

This guide provides specific, down-to-earth advice for effectively handling the everyday problems and stresses facing children from early childhood to adolescence. It includes a list of books for parents and children with references at the end of each section.

Stress and the Healthy Family

Curran, Delores, 1985

By identifying the 10 most common stresses families deal with, this book focuses on how healthy families view their stresses, and how they use their strengths to deal with them effectively during the various stages of family life.

Stress and Your Child: A Parent's Guide to Symptoms, Strategies and Benefits

Arent, Ruth P., 1984

A thorough resource covering how parents can help themselves, non-traumatic sources of stress, traumatic sources of stress and examples of unsuccessful coping and how to change it.

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Children's

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Seattle, Washington

Stress and Children Booklist

Stress and Your Child: Helping Kids Cope with the Strains and Pressures of Life

Youngs, Bettie, 1995

Helps parents understand the pressures their children face. Offers ways to reduce, manage and prevent stress through each stage of a child's emotional and social development. It includes a section on how diet, physical activity and realistic schedules can help minimize stress in children.

Stress-Proofing Your Children: Mind-Body Exercises to Help Your Child Stay Healthy

Lewis, Sheldon, 1996

Features easy-to-learn exercises based on mind-body techniques such as guided imagery, deep breathing and meditation. Learning and practicing the exercises can help children gain a sense of command over events in their lives that often seem out of control. The exercises can also help with stress-related symptoms such as headaches and sleep problems.

For Young Children

Don't Pop Your Cork on Mondays!

The Children's Anti-Stress Book

Moser, Adolph, 1988

Specifically for younger children, this informative and entertaining handbook is illustrated story-book style. It explores the causes and effects of stress and offers practical approaches and techniques for dealing with the stress of daily life.

For Teens

Don't be S.A.D.: A Teenage Guide to Handling Stress, Anxiety and Depression

Newman, Susan, 1991

Presents case histories of teens who have problems with stress, anxiety and depression and discusses techniques for dealing with these emotions.

Fighting Invisible Tigers: A Stress Management Guide for Teens

Hipp, Earl, 1985

In an easy-to-follow format, this book acquaints teens with many issues related to stress. It takes a look at the pressures felt by young people today, and provides strategies for surviving and thriving in the "jungle of life."

Life Happens: A Teenager's Guide to Friends, Failure, Sexuality, Love, Rejection, Addiction, Peer Pressure, Families, Loss, Depression, Change and Other Challenges of Living

McCoy, Kathy, 1996

This guide offers information to help teens understand that what they're feeling is normal. It uses voices and letters of teens seeking help to illustrate steps to help yourself and how and when to get professional help, if wanted.

Teenage Stress

Cohen, Susan, 1992

The author defines stress as coming from both good and bad situations. Uses interviews and personal anecdotes along with scientific information to provide a common-sense guide to understanding tensions that teens feel.

Teenage Stress: A Guide for Teenagers

Saunders, Charmaine, 1996

Two books in one: one guide for teens, one for their parents. Written with humor, warmth and hope, it includes practical strategies, positive advice and exercises, based on case studies, anecdotes and examples.

For More Information

- Your health care provider
- Children's Resource Line:
(206) 987-2500 or 1-866-987-2500
toll-free Washington, Alaska, Montana, Idaho
- www.seattlechildrens.org

Information in these books may not reflect the philosophy or practice of Children's Hospital and Regional Medical Center.

Children's

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