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# Anxiety Disorders

## Booklist and Resources

You can check out many of these books at the Seattle Children's Family Resource Center (level 7, River zone).

### Books

**Helping Your Anxious Child: A Step-by-Step Guide for Parents**, Ronald Rapee and colleagues, 2008.

This book is used in the Cognitive Behavior Therapy (CBT) group offered at Seattle Children's Hospital for parents of anxious children. This book includes a free online, downloadable Children's Workbook with exercises for parents to do with their children.

**Parenting Your Anxious Child with Mindfulness and Acceptance**, Christopher McCurry, 2009.

**Talking Back to OCD: The Program That Helps Kids and Teens Say "No Way" -- and Parents Say "Way to Go"**, John March, 2007.

**Helping Your Child with Selective Mutism: Practical Steps to Overcome a Fear of Speaking**, McHolm, Cunningham, & Vanier, 2005.

**Getting Your Child to say "Yes" to School: A Guide for Parents of Youth with School Refusal Behavior**, Christopher Kearney, 2007.

### Books from author Tamar Chansky, PhD

**Freeing Your Child from Anxiety, Revised and Updated Edition: Practical Strategies to Overcome Fears, Worries, and Phobias and Be Prepared for Life--from Toddlers to Teens**, 2014

**Freeing Your Child from Obsessive Compulsive Disorder**, 2000

**Freeing Yourself from Anxiety: 4 Simple Steps to Overcome Worry and Create the Life You Want**, 2012.

This book is for parents to learn how to free themselves from anxiety.

### To Learn More

- Psychiatry and Behavioral Medicine  
206-987-2164
- Ask your child's healthcare provider
- [www.seattlechildrens.org](http://www.seattlechildrens.org)

### Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.

### What to Do Guides for Kids

The books in the What to Do Guides for Kids series, written by Dawn Huebner, empower children and parents to overcome challenges.

- **What to Do When Bad Habits Take Hold: A Kid's Guide to Overcoming Nail Biting and More**
- **What to Do When You Dread Your Bed: A Kid's Guide to Overcoming Problems with Sleep**
- **What to Do When You Grumble Too Much: A Kid's Guide to Overcoming Negativity**
- **What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety**
- **What to Do When Your Brain Gets Stuck: A Kid's Guide to Overcoming OCD**
- **What to Do When Your Temper Flares: A Kid's Guide to Overcoming Problems with Anger**

### Websites

WorryWiseKids

[www.worrywisekids.org](http://www.worrywisekids.org)

International OCD Foundation

[iocdf.org](http://iocdf.org)

Centre for Emotional Health

[www.centreforemotionalehealth.com.au](http://www.centreforemotionalehealth.com.au)

AnxietyBC

[www.anxietybc.com](http://www.anxietybc.com)

Selective Mutism Anxiety Research and Treatment Center

[www.selectivemutism.org](http://www.selectivemutism.org)

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Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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