Anxiety Disorders
Booklist and Resources

Books


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.


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


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

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

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.

Websites

- WorryWiseKids www.worrywisekids.org
- International OCD Foundation iocdf.org
- Centre for Emotional Health www.centreformotionalhealth.com.au
- AnxietyBC www.anxietybc.com
- Selective Mutism Anxiety Research and Treatment Center www.selectivemutism.org