



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.

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.

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

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, Tamar Chansky, 2014

Freeing Your Child from Obsessive Compulsive Disorder, Tamar Chansky, 2000

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

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 including nail biting, anxiety, sleep, negativity, worrying, anger and OCD.

Websites

AnxietyBC
www.anxietybc.com

Centre for Emotional Health
www.centreforemotionalehealth.com.au

Child Anxiety Tales
www.copingcatparents.com

Child Mind
www.childmind.org

International OCD Foundation
iocdf.org

To Learn More

- Psychiatry and Behavioral Medicine
206-987-2164
- Ask your child's healthcare provider
- www.seattlechildrens.org

Selective Mutism Anxiety Research and Treatment Center
www.selectivemutism.org

UCLA Center for Child Anxiety Resilience Education and Support (CARES)
carescenter.ucla.edu

WorryWiseKids
www.worrywisekids.org

Videos for Caregivers for Effective Child Therapy
effectivechildtherapy.fiu.edu/parents

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.

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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