Anxiety Disorders
Booklist and Resources

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"

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.centreforemotionalhealth.com.au

Child Anxiety Tales
www.copingcatparents.com

Child Mind
www.childmind.org
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**To Learn More**

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

**International OCD Foundation**

iocdf.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.