



PULASKI ACADEMY

RESOURCES FOR FAMILIES DEALING WITH ANXIETY



BOOKS FOR PARENTS

- *Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous and Independent Children*, by Reid Wilson, Ph.D. and Lynn Lyons LCSW
- *Freeing Your Child from Anxiety*, by Tamar E. Chansky, Ph.D.
- *Growing Up Brave: Expert Strategies for Helping Your Child Overcome Fear, Stress and Anxiety*, by Donna B Pineus, Ph.D.
- *Helping Children to Cope with Change, Stress and Anxiety*, by Deborah M. Plummer
- *Helping Your Anxious Child: A Step by Step Guide for Parents*, by Ronald M. Rapee, Ph.D. and Ann Wignall, Ph.D.
- *Please Explain Anxiety to Me!*, by Laurie Zelinger, Ph.D. and Jordan Zelinger, MS. Ed.
- *The Worried Child*, by Paul Foxman, Ph.D.
- *Your Anxious Child*, by John Dacey and Lisa B. Fiore



BOOKS FOR CHILDREN AND ADOLESCENTS

- *The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry*, by Luisa M. Schab, LCSW
- *I Can Handle It*, by Laurie Wright
- *Is a Worry Worrying You?*, by Ferida Wolff and Harriet May Savitz
- *What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety*, by Dawn Huebner and Bonnie Matthews
- *Wilma Jean the Worry Machine*, by Julia Cook
- *Worry Says What?*, by Allison Edwards
- *What Do You Do with a Problem?*, by Kobi Yamada



WEBSITES

- Books That Heal Kid blog — reviews of children's books about anxiety
<https://bit.ly/BooksThatHealAnxiety>



APPS

- Breathe, Think, Do with Sesame (ages 2-5)
- Buddhify (all ages)
- Calm (all ages)
- DreamyKid Meditation App (children and teens)
- Headspace: Meditation & Sleep (all ages)
- Relax: Master Your Destiny (all ages)
- Relax Melodies: Sleep Sounds (all ages)
- Smiling Mind (all ages)
- Stop, Breathe, and Think Kids (children and teens)