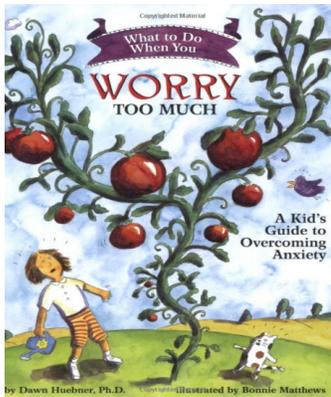


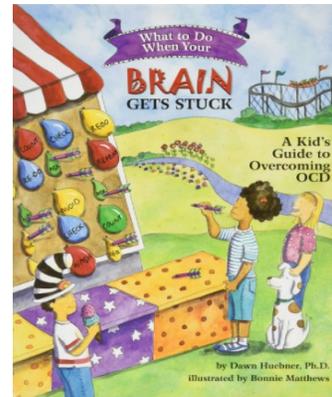
Suggested Books for Anxiety in Children

Please note: These are not commercial endorsements of any specific products. This is a partial list of children's books recommended by child psychologists and pediatricians experienced in working with anxiety in children.



What to do when you worry too much? (Dawn Heubner)

- A kid's guide to overcoming anxiety
- Age: 6-12 years



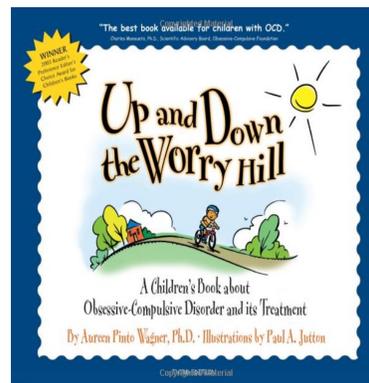
What to do when Your Brain gets stuck? (Dawn Heubner)

- A kid's guide to overcoming OCD
- Age: 6-12 years



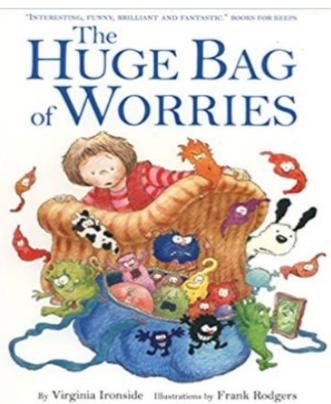
Help Your Dragon deal with Anxiety (Steve Herman)

- Storybook to teach kids how to deal with anxiety, worry, and fear
- Age: 4-8 years



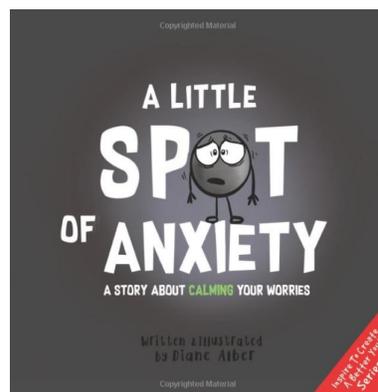
Up and Down the Worry Hill (Aureen Pinto Wagner)

- Children's book about Obsessive Compulsive disorder and treatment
- Age: 4- 8 years



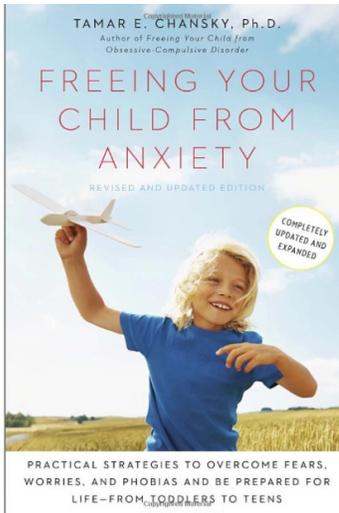
The Huge Bag of Worries (Virginia Ironside)

- Worries and Anxieties
- Age: 2 and up



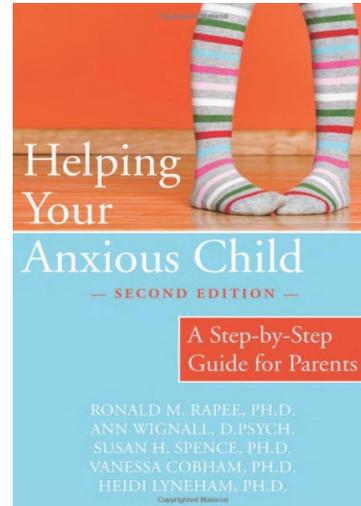
A little Spot of Anxiety (Diane Alber)

- Anxiety in small amounts are ok because they protect us, but if they become too big they become overwhelming.
- Ages: 2-8 years



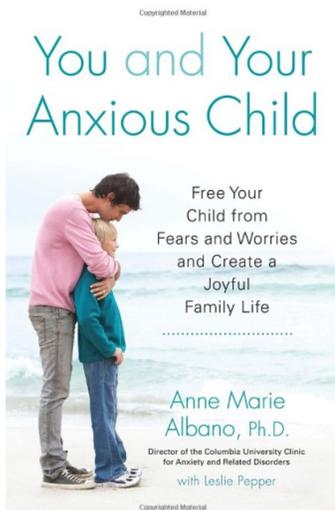
Freeing Your Child from Anxiety (Tamar Chansky)

- Practical strategies to overcome fears, anxieties from toddlers to teens
- Age: Parents



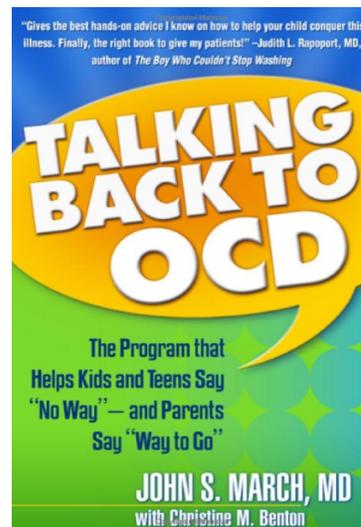
Helping your Anxious Child (Ronald Rapee)

- Parent Guide offers "detective thinking" to aid your child recognize irrational worries
- Age: Parents



You and Your Anxious Child (Anne Marie Albano)

- Experts on anxiety provide a guide to recognizing different anxieties and fears
- Ages: Parents



Talking Back to OCD (John Mrach)

- How to empower your child to overcome OCD
- Helps kids identify the specific problems
- Ages: Teens & Parents