

READING LIST RE: COPING WITH FEARS, WORRIES, AND ANXIETY
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Young Children:

1. The Great Big Book of Feelings by Mary Hoffman (ages 3 and up)
2. What Makes Me Happy by Catherine Anholt (age 1 and up)
3. Ready for Anything by Keiko Kasza
4. David and The Worry Beast by Anne Marie Gucinci (ages 4 - 9)
5. The No Biggie Bunch Everyday Cool with Food Allergies by Dr. M, Pistiner
6. Annie Stories by Doris Brett (preschool to early school age)

Elementary Age:

1. A Boy and A Bear: The Children's Relaxation Book by Lori Lite (ages 3 - 10)
2. Wilma Jean and The Worry Machine by Julia Cook (ages 6 - 11)
3. Justin Case: School, Drool, and Other Daily Disasters by Rachel Vail (8 and up)
4. What to Do When You're Worried: A Guide for Kids by James J. Crist (ages 9 - 13)
5. What To Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety by Dawn Huebner (ages 6 and up)

Teens/Young Adults:

1. Freaking Out: Real-Life Stories About Anxiety edited by Polly Wells
2. The Anxiety Survival Guide for Teens: CBT Skills to Overcome Fear, Worry, and Panic by Jennifer Shannon

NB: Many of these books are available at Amazon. Parentbooks also carries a large selection of these books as well as card games and board games that teach kids about coping with fears in a fun way...including cognitive-behavioural skills and relaxation techniques.