

READING LIST FOR ANXIETY DISORDERS IN CHILDREN

Chansky, Tamar. Freeing Your Child From Anxiety: Powerful Practical Solutions to Overcome Your Child's Fear, Worries and Phobias.

Dupont. The Anxiety Cure for Kids: A Guide for Parents

Eisen and Engler. Helping your Child Overcome Separation Anxiety or School Refusal: A Step-by-Step Guide for Parents.

Rappe, Spence and Wignall. Helping Your Anxious Child

Wagner, Aureen Pinto. Worried no More: Help and Hope for Anxious Children

Wagner, Auree Pinto. What to Do when Your Child Has Obsessive-Compulsive Disorder: Strategies and Solutions.

WRITTEN FOR CHILDREN (Elementary Age):

Crist, James J. What to Do when You're Scared and Worried: A Guide for Kids

Hartigan and Lite. Boy and a Bear: The Children's Relaxation Book.

Huebner, Dawn and Matthews. What to Do when you Worry Too Much: A Kid's Guide to Overcoming Anxiety.

Wagner, Aureen. Up and Down the Worry Hill: A Children's Book about Obsessive-Compulsive Disorder and its Treatment