Anxiety Resources

~ Advocacy for Successful Kids’ Program (ASK)

~ Advocating for Children’s Educational Services (ACES 410 683-2237)

~ [www.GoZen.com](http://www.GoZen.com)

~ Maryland Disability Law Center, [www.mdlclaw.org](http://www.mdlclaw.org), (410) 727-6352.

~ myanxiouschild.com

~ Parents’ Place of Maryland (410) 859-5300 [www.ppmd.org](http://www.ppmd.org)

Link to help with School Anxiety/Phobia below:

http://www.hopkinsmedicine.org/psychiatry/specialty\_areas/child\_adolescent/patient\_information/outpatient/broadway\_campus/anxiety.html

**Books for the Adults**

Freeing Your Child from Anxiety. Tamar Chansky

Freeing Your Child from Negative Thinking. Tamar Chansky

From Timid to Tiger: A Treatment Manual for Parenting the Anxious Child by Sam Cartwright Hatton

Growing Up Brave Donna B. Pincus

Help for Worried Kids: How Your Child Can Conquer Anxiety and Fear Cynthia G. Last

Helping Your Anxious Child: A Step by Step Guide for Parents by Rapee, Spench, Cobham, and Wignall

Parenting the Anxious Child by Christopher McCurry

Raising Resilient Children. Robert Brooks

Relaxation and Stress Reduction Workbook for Kids: Help for Children to Cope with Stress, Anxiety and Transitions. (New Harbinger) Shapiro and Sprague

The Anxiety Cure for Kids: A Guide for Parents by Elizabeth DuPont Spencer

The Handbook for Helping Kids with Anxiety and Stress Frank and Frank. Youthlight.com

The Worried Child: Recognizing Anxiety in Children and Helping Them Heal by Paul Foxman (He suffered anxiety as a child himself.)

Your Anxious Child: How Parents and Teachers Can Relieve Anxiety in Children by John Dacey and Lisa Fiore

**Books for the Children**

Aunt Nellie’s Magical Pockets: Ways to Help Children Cope with Everyday Stress by Schaeffer and Baker

Bianca Finds Her Bounce Shreya Hessler, Psy.D

Jenny is Scared: When Sad Things Happen in the World Carol Shuman

The Anxiety and Phobia Workbook Edmund J. Bourne

The Coping Cat Workbook Phillip Kendall and Kristina Hedtke

What to Do When You Worry Too Much: A Kid’s Guide to Overcoming Anxiety (Includes what to do guides for kids.) by Dawn Huebner

What to do When You’re Scared and Worried: A Guide for Kids by James J. Crist, Ph. D.

When My Worries Get Too Big! A Relaxation Book for Children Who Live with Anxiety by Kari Dunn Buron