



Helping Anxious Kids During the COVID-19 Pandemic

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BOOKS FOR CHILDREN

[Get Me Out of This Book: Rules and Tools for Being Brave](#) by Deborah Cholette & Kalli Dakos. Max, a skittish bookmark, learns to conquer his fear of books by using rules and tools inspired by the Navy SEALs. (eBook Download)

[What to Do When You're Scared & Worried: A Guide for Kids](#) by James J. Crist. From a dread of spiders to panic attacks, kids have worries and fears, just like adults. This is a book kids can turn to when they need advice, reassurance, and ideas. (eBook Download)

[The Rabbit Listened](#) by Cori Doerrfeld. When Taylor's block castle is destroyed, all the animals think they know just what to do, but only the rabbit quietly listens to how Taylor is feeling. (eBook Download)

[When Sadness is at Your Door](#) by Eva Eland. The author approaches this feeling as if it is a visitor, giving it a shape and a face, and encourages the reader to give it a name, all of which helps to demystify it and distinguish it from ourselves. She suggests activities to do with it, like sitting quietly, drawing, and going outside for a walk. (eBook Download)

[I Bet I Won't Fret: A Workbook to Help Children with Generalized Anxiety Disorder](#) by Timothy A. Sisemore. This book provides fun and engaging exercises to help kids relieve anxiety and worry, change anxiety-inducing self-talk, and communicate their feelings. Appropriate for kids between the ages of six and twelve. (eBook Download)

[Don't Think About Purple Elephants](#) by Susan Whelan & Gwynneth Jones. Sometimes Sophie worries, not during the day when she is busy with family and friends, but at night when everything is calm and quiet. Her family all try to help, but somehow, they just make her worries worse, until her mother thinks of a new approach ... that just might involve elephants! (eBook Download)

[Breathe Like a Bear: 30 Mindful Moments for Kids to Feel Calm and Focused Anytime, Anywhere](#) by Kira Willey. A collection of mindfulness exercises designed to teach kids techniques for managing their bodies, breath, and emotions; help kids find calm, gain focus, and feel energized during the day, and encourage families to establish a fun and consistent mindfulness practice. (eBook Download)

BOOKS FOR PARENTS

[You and Your Anxious Child: Free Your Child from Fears and Worries and Create a Joyful Family Life](#) by Anne Marie Albano, PhD. Helps families to understand that they are not alone and illustrates proven therapies to manage anxiety issues in children while addressing the emotional needs of parents. (eBook Download)

[The Anxiety Workbook for Kids: Take Charge of Fears and Worries Using the Gift of Imagination](#) by Robin Alter, PhD & Crystal Clarke. Presents a unique approach to help readers harness the power of their imaginations to reduce anxiety and build self-esteem. (eBook Download)

[The Opposite of Worry: The Playful Parenting Approach to Childhood Anxieties and Fears](#) by Lawrence J. Cohen, PhD. Offers simple, effective strategies for parents to teach children the basics of the body's "security system": alert, alarm, assessment, and all clear, finding the balance between outright avoidance and "white-knuckling" through a fear. Parents learn how to release tension in the moment, labeling stressful emotions on a child-friendly scale, tackle their own anxieties so they can stay calm when a child is distressed, using relaxation, breathing, writing, drawing, and playful roughhousing. (eBook Download)

[Mindfulness for Anxious Kids: A Workbook to Help Children Cope with Anxiety, Stress, and Worry](#) by Catherine Cook-Cottone & Rebecca K. Vujanovic. Two licensed psychologists offer fun and effective mindfulness and emotion regulation activities to help kids cope with anxiety, panic, stress, fear, and worry. (eBook Download)

[**Why Smart Kids Worry: And What Parents Can Do to Help**](#) by Allison Edwards. Being the parent of a smart child is great-until your son or daughter starts asking whether global warming is real, if you are going to die, and what will happen if they don't get into college. Kids who are advanced intellectually often let their imaginations run wild and experience fears beyond their years. Edwards's fifteen specially designed tools for helping smart kids manage their fears will help you and your child work together to help him or her to become more relaxed and worry-free. (eBook Download / also available as OverDrive Listen Audiobook)

[**David and the Worry Beast: Helping Children Cope with Anxiety**](#) by Anne Marie Guanci. David could not stop worrying; his anxiety was growing and growing. David's story will help children learn how to deal with anxiety. Includes tips for parents. (eBook Download)

[**Anxious Kids: how children can turn their anxiety into resilience**](#) by Michael Grose & Jodi Richardson. Offers parents a new perspective on their children's anxiety, encouraging them to view each episode as an opportunity to empower their kids with the skills to manage anxiety and thrive. (OverDrive Listen Audiobook)

[**The Busy Parent's Guide to Managing Anxiety in Children and Teens**](#) by Laurie Hollman. In this book, a wide range of anxiety states in children and teens are discussed, along with how to help these kids master their anxiety. Parenting tips are elaborated in this quick read that offers powerful solutions. (eBook Download)

[**Trauma-Proofing Your Kids: A Parents' Guide for Instilling Confidence, Joy, and Resilience**](#) by Peter A. Levine, Ph.D. & Maggie Kline. This book assists parents and other lay caregivers in the prevention and healing of trauma by serving as a practical guide to "stress-busting" and building resilience in kids so they can easily cope with our fast-changing world of mishaps, increasing pressures and turbulence (eBook Download)

[**Growing Up Brave: Expert Strategies for Helping Your Child Overcome Fear, Stress, and Anxiety**](#) by Donna B. Pincus. This book assists parents and other lay caregivers in the prevention and healing of trauma by serving as a practical guide to "stress-busting" and building resilience in kids so they can easily cope with our fast-changing world of mishaps, increasing pressures and turbulence. Learn to identify your child's fear and anxiety on the spectrum from normal and predictable to what might be cause for concern, to promote a secure attachment with your child in only five minutes a day, tools to foster coping skills in the face of anxiety producing situations, strategies for reinforcing problem-solving behavior, and much more. (eBook Download / also available as OverDrive Listen Audiobook)

[**Helping Your Anxious Child: A Step-by-Step Guide for Parents**](#) by Ronald Rapee & Ann Wignall, et al. Offers parents the most up-to-date, proven-effective techniques for helping children overcome anxiety. (eBook Download)

[**Anxiety Relief for Kids: On-the-Spot Strategies to Help Your Child Overcome Worry, Panic, and Avoidance**](#) by Bridget Flynn Walker, PhD. Provides quick in-the-moment solutions that can be used when anxiety takes hold. (eBook Download)

ONLINE RESOURCES FOR PARENTS

[How to Talk to Your Anxious Child or Teen about Coronavirus.](#)

This article provides general tips for communicating with an anxious/child or teen about coronavirus.

[How to talk to children about the coronavirus](#)

Given all the discussion about the coronavirus, your children might have heard about it and have questions for you. This Harvard Health Blog post provides some tips on how to respond to their questions. (A separate post addresses tips for **talking with teens** about the questions they might have).

[School's Out: A Parents' Guide for Meeting the Challenge During the COVID-19 Pandemic.](#)

Professors from the Department of Child and Adolescent Psychiatry at NYU Langone offer suggestions for parents to help make the most of their child's time off from school, while keeping in mind child development and children's reactions to stressful and changing situations.

[Talking with children about Coronavirus Disease: Messages for parents, school staff, and others working with children](#)

The CDC has created guidance to help adults have conversations with children about COVID-19 and ways they can avoid getting and spreading the disease.

[Talking to Children About COVID-19 \(Coronavirus\) A Parent Resource](#)

The National Association of School Nurses and the National Association of School Psychologists have created a list of specific guidelines to help parents and caregivers teach children positive preventive measures, talk with them about their fears, and give them a sense of some control over their risk of infection to help reduce anxiety.

[COVID-19: Information for Families of Children and Youth with Special Health Care Needs](#)

As COVID-19 continues to spread, children and youth with special health care needs may be at increased risk for complications. Here are things that parents can do to keep themselves, their families, and their children with special health care needs safe during the COVID-19 outbreak, according to the American Academy of Pediatrics

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