ANXIETY & STRESS MANAGEMENT IN CHILDREN
RESOURCE LIST
from the Family Support & Resource Centre

Updated July 2014

This is a list of selected books and DVDs on the topic of Diabetes, available from the Family Support & Resource Centre (FSRC). For a complete listing and the latest, search & request materials from our online catalogue:

www.bcchildrens.ca/fsrc

Don’t find what you’re looking for? Email us to make a purchasing suggestion. We take them seriously! fsrc@cw.bc.ca

Anyone in BC is welcome to borrow (patients, families, staff, & friends). We mail books for free across BC, including return postage. If you are staying at the Hospital but are unable to come to the Centre, we will be happy to deliver resources during our working hours.

The Family Support & Resource Centre
4480 Oak St, BC Children’s Hospital. Rm K2-126
(604) 453-8335. Local 5102. fsrc@cw.bc.ca
Open Mon-Fri, 10 am – 4 pm
Contents

PARENT RESOURCES ........................................................................................................................................ 2
CHILDREN’S RESOURCES ......................................................................................................................... 4
TEEN RESOURCES ...................................................................................................................................... 6

PARENT RESOURCES


Presents a guide to help parents and children understand the way anxiety works. Explains how to overcome the negative impacts of anxiety and how to turn anxiety into a positive opportunity. Outlines specific action steps for parents to help anxious children. Includes recognizing symptoms, evaluating therapy, and setting goals for the future.

Freeing your child from anxiety: Powerful, practical strategies to overcome your child's fears, phobias, and worries, 1st ed. / Chansky, Tamar E. - New York, NY: Broadway Books, (Book) - CD 420 CHAN 2004

This book examines all manifestations of childhood fears, including social anxiety, Tourette’s Syndrome, hair-pulling, and Obsessive Compulsive Disorder.

Helping children who are anxious or obsessional: A guidebook / Sunderland, Margot; Armstrong, Nicky (illustrator) - Oxon, UK: Speechmark, (Kit) - CD 420 SUN 2000

Willy is an anxious child who experiences the world as a very unsafe wobbly place where something awful might happen at any time. Joe is too ordered and tidy to be able to ever enjoy life. At the suggestion of Mrs. Flop they visit the puddle people who help them break out of their fixed patterns and find far richer ways of living in the world. The guidebook enables the reader to offer the child with similar problems a richer and more emphatic response to the issues the story raises. It details the common psychological origins of and theories of the problems addressed.


This step-by-step guide tackles the why, how, and what now of anxiety disorders. Written in everyday language, it describes in detail strategies and techniques parents can combine into a comprehensive self-help program for managing a child's worry while building confidence and self-control. Includes how to decide whether or not a child's fears are abnormal, explains how thoughts and feelings affect anxiety, and includes a table detailing skills that will help a child cope socially, e.g. using eye contact, how to conduct conversations.


A child psychiatrist describes anxiety-caused behaviour patterns and advises parents on how to help their child cope with anxieties in the context of both family and school environments.
New in this edition is advice on how parents can help with anxiety problems unique to adolescence, updated information on medications, and more suggestions on working effectively in schools.

**Making sense of anxiety in children and youth: A four hour course with surprising solutions to a growing problem** / Neufeld, Gordon - Vancouver, BC: Neufeld Institute, (DVD) - CD 420 NEU 2012

This four hour course offers practical strategies that can be applied to anxiety disorders in a variety of settings.


Helps preschool to intermediate students see through stress and anxiety in their lives and focus on important concepts of self understanding and long term personal growth.

**Taming worry dragons: A manual for children, parents, and other coaches (4th Ed.)** / Garland, E. Jane; Clark, Sandra L.; Earle, Vicky (Illustrator) - Vancouver, BC: BC Children's Hospital, (Book) - CD 420 GAR 2009

Created by 2 of the psychologists at BC Children's Hospital, this manual explains what anxiety is, and provides helpful coping strategies based in cognitive behavioural therapy, in a language that kids can understand. There are also tips for parents and other coaches, including information on medications. This program can ideally be used with children from 8 to 12 years old but can be adapted for both younger and older children.


Focusing on the treatment of childhood anxiety, both in one-on-one therapist to child treatment and within the family, Treating Childhood and Adolescent Anxiety: A Guide for Caregivers adopts an integrated approach presenting novel strategies to help mental health professionals and families create change and momentum in otherwise stagnant situations. This empowering guide offers practical, evidence-based, and theory-driven strategies for helping children to overcome anxiety, even if they resist treatment.


Provides effective practical guidance for parents, school personnel and health care professionals to help children cope with worry, school refusal, separation anxiety, social anxiety, excessive shyness, panic, phobias, disasters and tragedies, obsessions and compulsions.

**Your anxious child: Raising a healthy child in a frightening world**, 2nd ed / Shaw, Mary Ann - Irving, TX: Tapestry Press, (Book) - CD 420 SHA 2003

This is a book to help parents with children up to age fourteen to understand and correct many underlying causes of anxiety in children. It covers the common varieties of anxiety, the special needs child, phobias, temperament and other related topics.
CHILDREN’S RESOURCES


Kids learn to recognize the signs of stress, feel less stress, and deal with stress in healthy ways. They discover how relaxation, positive thinking, good choices, and self-care skills can make them the "boss of their stress."

A child’s story: Going to school with anxiety / Bains, George Ann; Bains, Paul; Gianoglio, Joe (ill.) - Bloomington, IN: AuthorHouse (Book) - JUNIOR CD 420 BAI 2009

This illustrated book deals with the frightening prospect of going back to school and the inner worries of a little girl coming to terms with her anxiety. The books helps parents explain to their child what they are feeling and presents counselling techniques to help overcome anxious feelings.


This workbook is designed to help children with generalized anxiety disorder, or GAD. It gives children fun and engaging exercises to help them relieve anxiety and worry, change anxiety-inducing self-talk, and communicate their feelings. These activities can be done on their own or as part of a therapy program, and are appropriate for children ages 6-12.

Kid’s guide to taming worry dragons (2nd Ed.) / Clark, Sandra L.; Garland, E. Jane - Vancouver, BC: Children’s & Women’s Health Centre of British Columbia (Book) - CD 420 CLA 2009

This pocket-sized book provides an overview of taming worry dragons (types of worries, how they affect your body and thoughts, when they come around) as well as a summary of tools for "trapping & taming" worry dragons. Space is available for kids to add their own ideas about taming their worry dragons.

Mr. Worry: A story about OCD / Niner, Holly; Swearingen, Greg (Illustrator) - Morton Grove, IL: Albert Whitman & Company (Book) - JUNIOR CD 480 NIN 2004

This illustrated book is about a young boy trying to overcome the terrors of obsessive-compulsive disorder (OCD) in his daily life. All of the people in young Kevin's life join forces to help him manage his problem, which he names Mr. Worry. The use of simple language and straightforward information clarifies the situation, and readers are soon cheering for the boy's success. The artistic portrayals of Kevin's thoughts add whimsy and interest to the story. Although the author includes a few setbacks, Kevin makes good progress, providing hope for the future.

Spaghetti toes: Positive living skills for children / Orlick, Terry - Chelsea, QC: Zone of Excellence (Audio CD) - CB 500 ORL 2004

DESCRIPTION: On this CD, Terry Orlick teaches children how to relax, focus, listen attentively, control stress, embrace good things in themselves and others, and find joy in each day. Spaghetti Toes #1 (6:05) Jelly Belly #1 (6:34) Quiet Lake #1 (5:02) Flowing Stream #1 (4:52) The Great Little Listener (5:49) Floating on Clouds #1 (3:46) Nice on my Feelings (5:36) Jessie's Treasure Box #1 (5:16) Highlight Song #1 (2:01) Jessie's Treasure Box #2
Scaredy Squirrel would rather stay in his safe and familiar tree, following his carefully planned routine, than risk venturing out into the unknown. Until one day, something happens that is not part of his plan...

Stress can really get on your nerves / Romain, Trevor; Verdick, Elizabeth - Minneapolis, MN: Free Spirit Publishing Inc. (Book) - JUNIOR CB 100 ROM 2000

Uses silly jokes and light-hearted cartoons along with serious advice to help recognize the causes of stress and its effects and learn how to handle worry, anxiety, and stress.

Tools for taming and trapping worry dragons: Children's Workbook / Clark, Sandra; Earle, Vicky (Illustrator) - Vancouver, BC: Children’s & Women's Health Centre of British Columbia, (Book) - CD 420 CLA 2008

Workbook accompanying “Taming Worry Dragons” that helps children learn to handle anxiety, and distress. Contains activities for children to learn how to “tame” and “trap” Worry Dragons. These activities help children (aged 8 to 12 years) understand about anxiety and teach them specific strategies for coping. It also includes “detective work” to be used as practice to reinforce the concepts learned.


In this, Dr. Wagner uses the powerful metaphor of the Worry Hill to describe OCD and its treatment clearly through the eyes of a child. Children and adults will identify with Casey's struggle with OCD, his relief that neither he nor his parents are to blame, his sense of hope about recovery, and eventually, his victory over OCD. This is the only OCD book for children and adolescents that has companion books for parents (What to do when your Child has OCD: Strategies and Solutions) and for therapists (Treatment of OCD in Children and Adolescents: A Cognitive-Behavioral Therapy Manual). The metaphor of the Worry Hill is a common thread that weaves through all three books. These books provide families with tools of Cognitive-Behavioral Therapy (CBT).

What to do when you worry too much: A kid’s guide to overcoming anxiety / Huebner, Dawn; Matthews, Bonnie - Washington, DC: Magination Press (Book) - JUNIOR CD 420 HUB 2006

This illustrated book guides children and parents through the cognitive-behavioral techniques most often used in the treatment of anxiety. Concepts and strategies are introduced through metaphors and illustrations, which made them easy to understand.


This illustrated book follows the adventures of a wombat, weasel and woodchuck as they set out to wander the world. As they plan for their journey, each character expresses their worries and fears, and together they figure out how to cope.
Stress relief for kids: Creative relaxation activities for home and school / Belknap, Martha - Duluth, MN: Whole Person (Book) - JUNIOR CD 420 BEL 2006

This book includes tools for children to cope with stress in various areas of their lives: * On the playground with the school bully * At home with siblings * In the classroom with difficult tasks * After school with peer pressures
Easily adaptable to multiple scenarios, scripts and activities lead naturally to creative writing and/or art experiences.

TEEN RESOURCES

Don't stress out about it: Stress management for teens / Chariot Productions - Sherborn, MA: Aquarius Health Care Media (DVD) - YOUTH CB 100 CHA 2005

This stress management program provides youth with tools necessary to identify and manage the stresses of everyday life including disruptions at home, problems at school, community violence, the impact of war, difficulties with friends and more.


Gives a working definition of stress and provides teenagers with tools to help manage life challenges and cope with stress. Deals with relaxation techniques and assertiveness skills, how to stay healthy and positive.

Stress reduction workbook for teens: Mindfulness skills to help you deal with stress / Biegel, Gina M. - Oakland, CA: Instant Help Books (Book) - YOUTH EG 220 BIE 2009

The Stress Reduction Workbook for Teens is a collection of 37 simple workbook activities that will teach you to reduce your worries using a technique called mindfulness.

Worry taming for teens / Garland, Jane E.; Clark, Sandra L.; Earle, Vicki (Illustrator) - Vancouver, BC ; BC Children's Hospital (Book) - YOUTH CD 420 GAR 2002

Written specifically for youth, this manual explains the nature and basis for anxiety, the different types of anxiety, and includes information on medication. It also includes specific coping strategies for youth.