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# Bethel Olentangy

## Psychological Services

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An association of independent practitioners

### Recommended Books Regarding Children/Adolescents and Anxiety

#### **General Anxiety:**

Worried No More: Help and Hope for Anxious Children (2002) by Aureen Pinto Wagner.  
*Excellent book covers a wide-ranging amount of information regarding various forms of anxiety at home and school. Explains cognitive-behavior therapy and provides numerous suggestions for addressing anxiety in children.*

Helping Your Anxious Child: A Step-by-Step Guide for Parents (2000) by Ronald M. Rapee, Ph.D., Susan H. Spence, Ph.D., Vanessa Cobham, Ph.D., and Ann Wignall, M. Psych.  
*Excellent book that uses clearly written information to describe effective strategies and concrete coping skills.*

Nurturing the Shy Child: Practical Help for Raising Confident and Socially Skilled Kids and Teens by Barbara Markway, Ph.D., and Gregory Markway, Ph.D.  
*Excellent book that explains various aspects of the shyness continuum and social anxiety. Includes specific coping techniques as well as additional information about related difficulties that children with social anxiety often experience.*

#### **Relaxation and Sleep Inducing Techniques:**

The Goodnight Caterpillar: Muscular Relaxation & Meditative Bedtime Story for Children (2004); A Boy and A Turtle; A Boy and A Bear; The Children's Relaxation Book (1996) all by Lori Lite  
*These stories teach mainstream relaxation techniques by weaving them into the story to assist children in relaxing and falling asleep. Also facilitates learning coping skills to apply when anxious during the day.*

Indigo Dreams CD (2004) by Lori Lite  
*Many children enjoy listening to this CD at bedtime and often fall asleep before it is over. Teaches different relaxation techniques to use during the day as well.*

Starbright (1991), Moonbeam (1993), and Earthlight (1997) : Books of Meditation for Children By Maureen Garth  
*Children love these visualization exercises. They are appropriate for preschool-age children through adolescence and the vignettes can be easily simplified and adapted for different developmental levels. (Younger children may benefit from making a collage picture of images from old magazines or photos from favorite vacations. This can supplement their visualization by making it more concrete and compensate for the lack of pictures in the book.) Especially helpful to assist in falling asleep and whenever the need to relax arises.*

Spinning Inward (1987) by Maureen Murdock

*Another great resource of relaxation exercises for school-age children and adolescents.*

### **Books for Children:**

#### *General Anxiety:*

Wemberly Worried by Kevin Henkes

I'm Scared (as well as others in a series about feelings) by Elizabeth Crary

When Lizzy Was Afraid of Trying New Things by Inger Maier

When I Feel Afraid by Cheri Meiners

Harry and the Terrible Whatzit by Dick Gackenbach

What to Do When You're Scared and Worried: A Guide for Kids by James Crist (ages 9-13)

Don't Pop the Cork on Mondays: The Children's Anti-Stress Book by Adolph Moser (ages 8-12)

How to Do Homework Without Throwing Up (1999) by Trevor Romain ( ages 9-13)

Fighting Invisible Tigers: A Stress Management Guide for Teens by Earl Hipp (ages 11+)

#### *Separation Anxiety:*

Will You Come Back for Me? By Ann Tompert

The Kissing Hand by Audrey Penn

I Love You All Day Long by Francesca Rusackas

Mommy Don't Go by Elizabeth Crary

Owl Babies by Martin Waddell

You Go Away by Dorothy Covey

#### *Social Anxiety:*

Shrinking Violet by Cari Best

Buster: The Very Shy Dog by Lisze Bechtold

Feeling Shy by Althea

I Feel Shy by Karen Bryant-Mole

Stick Up For Yourself: Every Kid's Guide to Personal Power & Positive Self-Esteem by

Gershen Kaufman (ages 8-12)

#### *Selective Mutism*

Understanding Katie by Elisa Shipon-Blum

#### *Frustration Tolerance and Anger Management:*

A Volcano in My Tummy by Elaine Whitehouse

Take the Grrr out of Anger by Elizabeth Verdick

### **Yoga for Children and Parents:**

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YogaKids series of DVDs by Marsha Wenig

*Most kids learn better by seeing other kids do yoga. It is often helpful to combine a DVD with one of the books from below.*

Fly Like a Butterfly: Yoga for Children by Shakta Kaur Khalsa

*Younger kids really seem to like this one.*

Complete Idiot's Guide to Yoga with Kids by Jodi Komitor

*Clearly explains using a variety of yoga poses with your child. Addresses issues regarding sensory integration as well.*

Children's Book of Yoga by Thia Luby

*Some children seem to prefer the illustrations in this book. They show a child in pose next to a picture of the actual animal or object.*

Like a Fish in Water: Yoga for Children by Isabelle Koch

*Another resource to try.*

### **Medication:**

Straight Talk about Psychiatric Medications for Children (2002) by Timothy E. Wilens

*Very informative book presents information regarding a variety of medications and the pros and cons of utilizing them. Good reference book when cognitive-behavioral treatment alone is insufficient.*

### **Self-Care for Parents Struggling with Anxiety:**

The Anxiety & Phobia Workbook (2000) by Edmund Bourne, Ph.D.

*Excellent general book for adults that provides comprehensive information on many different types of anxiety. He presents specific and useful strategies to address difficulties associated with anxiety. Very clear instructions on progressive muscle relaxation, deep breathing, and visualization techniques, as well as a multitude of other ways to cope. Many of the strategies can easily be adapted for use with children and adolescents as well.*

The Relaxation and Stress Reduction Workbook (2000) by Martha Davis, Matthew McKay, Ph.D. and Elizabeth Robbins Eshelman

*Provides much needed information for adults having difficulty coping with stress and feeling overwhelmed. Many of the strategies can easily be adapted for use with children and adolescents as well.*