

## **HELPING ANXIOUS CHILDREN THRIVE: RESOURCE LIST**

*Note: The following list is offered for further reading regarding anxiety and children. Not all resources are from a Christian perspective.*

Buron, Kari Dunn. *When My Worries Get Too Big: A Relaxation Book for Children Who Live with Anxiety* [Book]

Davis, Pamela. (March 18, 2021). *Play, Anxiety, and Resilience: How to Help Kids in a Pandemic*. The Allender Center [Podcast].

<https://theallendercenter.org/2021/03/help-kids-pandemic/>

Davis, Pam. *Fostering Resilience in Children During a Pandemic* [Blog Post]

<https://www.psychologytoday.com/us/blog/hope-resilience/202101/fostering-resilience-in-children-during-pandemic>

Rapee, Ronald. *Helping Your Anxious Child: A Step-By-Step Guide for Parents* [Book]

Huebner, Dawn. *What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety* [Book]

Goodyear-Brown, Paris. *The Worry Wars: An Anxiety Workbook for Kids and Their Helpful Adults* [Workbook]

Lucado, Max. *Anxious for Nothing: Young Readers Edition*. [e-book and book].

Siegel, Dan. *Name It To Tame It*. [Video clip].

<https://www.youtube.com/watch?v=ZcDLzppD4Jc>

Siegel, Dan. *The Power of Showing Up: How Parental Presence Shapes Who Our Kids Become*.