



Info Rx

Anxiety

Children and youth with anxiety frequently experience excessive worry, nervousness, and irrational fear making it difficult to enjoy life. Below is a list of resources that can be helpful in understanding those experiences as well as how to support those around you.

Borrow these books from the FCRC or check your local library!

Freeing Your Child From Anxiety: Practical strategies to overcome fears, worries, and phobias and be prepared for life - from toddlers to teens

Tamar E Chansky (2014)

A childhood anxiety disorder specialist examines all manifestations of childhood fears, and guides you through a proven program to help your child back to emotional safety.

Peaceful Piggy Meditation

Kerry Lee MacLean (2004)

Little piggies slow down and calm down thus making it easier to deal with whatever comes their way. This endearing book explains and teaches meditation techniques to children.

What To Do When You Worry Too Much

Dawn Huebner (2006)

Teaches school-age children cognitive-behavioural techniques to reduce and overcome anxiety, fears, and worry, through writing and drawing activities and self-help exercises and strategies.

Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous and Independent Children

Reid Wilson and Linda Lyons (2013)

This book challenges our instincts about how to help fearful kids and offers a concrete plan with seven key principles and exercises to change the children's and the parental patterns of thinking and behaving.

Helping Your Anxious Child: A Step-By-Step Guide for Parents

Ronald M. Rapee (2008)

This guide offers proven effective skills based in cognitive behavioural therapy.



Additional resources available fcr.ca/ahs.ca/rx/anxiety

Playing with Anxiety: Casey's Guide for Teens and Kids

Reid Wilson and Linda Lyons (2014)

Casey knows all too well how worry can interrupt fun, ruin school, and take control of a family. Casey tells stories, offers exercises, and describes her Solving the puzzle approach.

The Worried Child: Recognizing Anxiety in Children and Helping Them Heal

Paul Foxman (2004)

This guide presents various types and symptoms of anxiety disorders and provides detailed lists, skill exercises, sample dialogues, and case studies, including a chapter and tutorial written specifically for children.

Keys to Parenting Your Anxious Child

Katharina Manassis (2015)

This book describes anxiety-caused behaviour patterns and gives advice on how to help children cope with anxieties, including information on anxiety problems unique to youth.

Need more information?

Child Health Information Specialist

 403-955-7745  ChildHealthInfo@ahs.ca

 fcrc.ahs.ca/rx/anxiety

Family & Community Resource Centre

2nd Floor, Alberta Children's Hospital
2888 Shaganappi Trail NW, Calgary, AB, T3B 6A8

This material is designed for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have specific questions, please contact your doctor or appropriate health care professional.



Alberta Health
Services

Alberta Children's Hospital

