

BOOKS FOR HELPING CHILDREN & TEENAGERS WITH WORRIES



BOOKS FOR PARENTS



· *Helping Your Anxious Child*
by David Lewis.

Parenting advice for helping children and young people with anxiety.

· *Exploring Feelings. Cognitive Behaviour Therapy to Manage Anxiety and Anger*
by Tony Attwood.

A highly structured and visual workbook especially targeted to children with Autism Spectrum Disorders but also helpful for younger children or children with reading difficulties

· *Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous and Independent Children*
by Reid Wilson & Lynn Lyons

A book for parents of 8-18 year olds on how to support your child manage anxiety and stop avoiding fears.

· *Parenting a Child Who Has Intense Emotions*
by Pat Harvey & Jeanine A. Penzo

Ways to calm emotions and help children express feelings in productive ways

· *Helping Your Anxious Child: A Step-by-Step Guide for Parents*
by Ron Rapee



Acceptance and Commitment Therapy orientated book about parenting with compassion and teaching a child to manage anxiety



BOOKS FOR TEENAGERS

· *Playing with Anxiety: Casey's guide for kids and teens*

by Reid Wilson & Lynn Lyons

* the companion ebook to 'Anxious Kids, Anxious Parents'

· *Living with It: A Survivors Guide to Overcoming Panic and Anxiety*

by Bev Ainsett

Engaging book focussed on education about anxiety and strategies to manage it.

· *The Happiness Trap*

by Dr. Russ Harris

An Acceptance and Commitment Therapy orientated book focussed on interpreting feelings positively and living according to our values.

· *Don't let your emotions run your life (for teens)*
by Sheri Van Dijk

A Dialectical Behaviour Therapy orientated book with exercises and strategies for learning to identify strong feelings and manage them.



BOOKS FOR PRIMARY SCHOOL-AGED CHILDREN



· *A Boy and a Bear - The Children's Relaxation Book*

by Lori Lite (for 3-10 year olds)

The story of a young boy who encounters a polar bear while they are both climbing a snow-covered mountain. Teaches young children how to relax and calm themselves.



· *Sweet Dreams and Monsters*

by Peter Mayle (for 4-8 year old)

An extremely fun book for younger children to discuss dreams and nightmares.

· *Tim and the Blanket Thief*

by John Prater (for 4-8 year olds)

Tim, who goes on an adventure to confront his fears about the Blanket Thief. He comes out brave, proud and heroic. A classic.

· *The Huge Bag of Worries*

by Virginia Ironside (for 4+ years)

Another classic about a girl who stores up her worries and keeps them bottled inside. The take-away message: find someone who will listen and talk about it, then let the worries float away.

· *'What to do When...' interactive series*

by Dawn Heubner (for 6-12 year olds)

Coping with difficult feelings such as anger, worry, sleeping troubles, bad habits, grumbling too much or 'when your brain gets stuck'!

· *The Panicosaurus*

by K.I. Al-Khan (for 4-10 year olds)

Managing anxiety. A very engaging book that teaches primary school-aged children practical steps for overcoming worries. See this authors other books for managing anger, disappointment and jealousy.

· *I have a worry*

by Tanya Balcke (for 4-8 year olds)

A short, simple book for young children about understanding worries and sharing them, with lovely illustrations.



· *Hey Warrior & Hey Awesome*

by K. Young & N. Dovidonyte (for 5-9 year olds)

Longer books for Primary School children explaining anxiety and why the body feels the way it does when anxious. Hey Awesome is about learning to find the brave in every child.

· *When I'm feeling....*

by Trace Moroney (for 4-8 year olds)

A series of books all about different feelings, including sad, angry, nervous, disappointed, kind, jealous etc. It is for younger children and gives examples of different feelings to help emotional literacy.

· *Clarice Bean. Don't Look Now*

by Lauren Child (for 8-10 year olds)

A very funny and engaging book for mid to upper Primary Schoolers about a girl learning to manage lots of worries.

Guts

by Raina Telgemeier (for 9-12 year old girls)

Graphic novel about Raina's experience of learning to manage worries and friendships. Very engaging.

Ghosts

by Raina Telgemeier (for 9-12 year old girls)

Graphic novel about a girl learning to manage her fear of ghosts and manage family change.



**Catalyst
Psychology**

Catalyst Psychology Pty Ltd
Malvern & Knox, Melbourne
www.catalystpsychology.com.au
Copyright Catalyst Psychology Pty
Ltd 2023.