CHILDHOOD ANXIETY DISORDERS / SELECTIVE MUTISM

Anxiety disorders are among the most common mental health problems of childhood, affecting about 10% of children (Dr. Katharina Manassis, Child Psychiatrist, Associate Professor of Psychiatry, University of Toronto).

ANXIETY

BOOKS FOR PARENTS


Mastery of your anxiety and panic: workbook / David H Barlow; Michelle Genevieve Craske.-- Oxford ;;


**Seven steps to help your child worry less: a family guide for relieving worries and fears.** Sam Goldstein, Kristy S. Hagar, Robert Brooks. 2002  (BF 723.W67 G65 2002 PAR FRC)


**BOOKS FOR KIDS & TEENS**


**I used to be afraid** / by Sally Hudson McMillan ; illustrated by Don Robison. -- Worthington, Ohio : Willowisp Press, c1985. (PZ 7.M33 1985 CHILD FRC)


VIDEOS

Anxiety Disorders in Children and Youth (Session 1) – Assessment and Diagnosis of Anxiety Disorders [CD-ROM] by Elizabeth Pheonix. Ontario Child and Youth Telepsychiatry Provincial Education Series – Western Hub, 2008. (ANX 2008 DVD ANX FRC)


Fighting their fears: child and youth anxiety [DVD] / Maria LeRose; Sharon Bartlett; Melanie Wood; Helen Slinger. --[Montreal, Quebec] ; National Film Board of Canada, 2004. (BF 723.A5 F54 2004 FRC DVD)


SELECTIVE MUTISM

BOOKS FOR PARENTS


BOOKS FOR KIDS & TEENS


When Lizzy was afraid of trying new things / written by Inger Maier, illustrated by Jennifer Candon. Washington, DC, Magination Press, c2005. (PZ 7.M27757 ANX PAR)

SEPARATION ANXIETY

RESOURCES FOR PARENTS


BOOKS FOR KIDS
I am NOT going to school today! / Robie H. Harris. Margaret K. McElderry Books, 2003 (PZ7 H24Iam 2003 CHILD FRC)


Mommy don't go / Elizabeth Crary. Parenting Press, 1996 (HQ755.85 C73 1996 CHILD FRC)

When Fuzzy was afraid of losing his mother / written by Inger M. Maier ; illustrated by Jennifer Candon. -- Washington, DC : Magination Press, c2005. (PZ 7.M27757Fu 2005 CHILD FRC)

**STRESS MANAGEMENT / RELAXATION**

**RESOURCES FOR PARENTS**


**RESOURCES FOR CHILDREN AND TEENS:**


The stress reduction workbook for teens: mindfulness skills to help you deal with stress / Gina M. Biegel. Oakland, CA - Instant Help Books, c2009 (BF 724.3 S86 B54 2009 Teen FRC)


SUGGESTED INTERNET SITES:

http://www.anxietybc.com  Anxiety BC

www.selectivemutismfoundation.org  An ethical, non-profit, public service organization

www.selectivemutism.org  SMG-CAN - The Selective Mutism Group Childhood Anxiety Network

www.childhoodanxietynetwork.org  Childhood Anxiety Network

www.aacap.org  "Facts for Families" section from the American Academy of Child and Adolescent Psychiatry: "The Anxious Child"

http://www.anxietytreatment.ca/links.htm  (exact same list by Dr. Antony replicated here)

Updated: 2014-01-30