

Anxiety Disorders Books and Websites

Books

You can find many of these books at your local library or bookstore or online.

Breaking Free of Child Anxiety and OCD: A Scientifically Proven Program for Parents

Eli Lebowitz, 2020.

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

Ronald Rapee and colleagues, 2008.

Parenting Your Anxious Child with Mindfulness and Acceptance

Christopher McCurry, 2009.

Talking Back to OCD: The Program That Helps Kids and Teens Say "No Way"—and Parents Say "Way to Go"

John March, 2007.

Getting Your Child to say "Yes" to School: A Guide for Parents of Youth with School Refusal Behavior

Christopher Kearney, 2007.

Freeing Your Child from Anxiety, Revised and Updated Edition: Practical Strategies to Overcome Fears, Worries, and Phobias and Be Prepared for Life—from Toddlers to Teens

Tamar Chansky, 2014.

Freeing Your Child from Obsessive Compulsive Disorder

Tamar Chansky, 2000.

Freeing Yourself from Anxiety: 4 Simple Steps to Overcome Worry and Create the Life You Want

Tamar Chansky, 2012.

For Kids

What to Do Guides for Kids

The books in the "What to Do Guides for Kids" series, written by Dawn Huebner, empower children and parents to overcome challenges including nail biting, anxiety, sleep, negativity, worrying, anger and OCD.

Ruby Finds a Worry

Tom Percival

Maya's Voice

Wen-Wen Chang

To Learn More

- Psychiatry and Behavioral Medicine
206-987-2164
- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

Websites

Anxiety Canada
AnxietyCanada.com

Centre for Emotional Health
centreforemotionalhealth.com.au

Child Anxiety Tales
copingcatparents.com

Child Mind
childmind.org

International OCD Foundation
iocdf.org

Selective Mutism Association
selectivemutism.org

UCLA Center for Child Anxiety Resilience Education and Support
(CARES)
carescenter.ucla.edu

WorryWiseKids
worrywisekids.org

Videos for Caregivers for Effective Child Therapy
effectivechildtherapy.fiu.edu/parents

Disclaimer: The inclusion of any website link, or resource accessed through a link, does not imply endorsement by Seattle Children's. Please seek the advice of your child's healthcare provider before you act or rely upon any information from these resources.

Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201. This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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