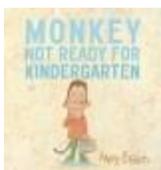


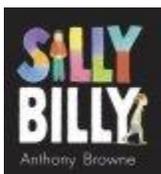
HELPING CHILDREN WITH ANXIETY

PICTURE BOOKS



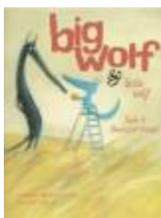
Brown, Marc Tolon. [Monkey: Not Ready for Kindergarten](#)

Kindergarten is just a week away and Monkey is not ready, but with help and encouragement from family and friends, he begins to get excited. (PICTURE BOOK BRO)



Browne, Anthony. [Silly Billy](#)

To help with his anxiety, Billy uses the worry dolls his grandmother recommends, but he finds that they do not quite solve his problem. (PICTURE BOOK BRO)



Brun-Cosme, Nadine. [Big Wolf & Little Wolf, such a Beautiful Orange!](#)

When Little Wolf does not return after chasing an orange that Big Wolf has tossed to him, Big Wolf begins to worry about all the things that might have happened to his friend. (PICTURE BOOK BRU)



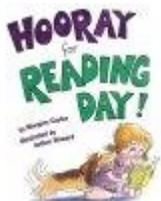
Cannon, A.E. [Sophie's Fish](#)

Jake starts to worry about everything that could go wrong when he agrees to take care of his friend Sophie's fish for the weekend. (PICTURE BOOK CAN)



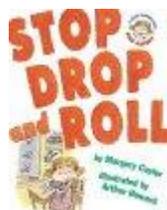
Cuyler, Margery. [Bullies Never Win](#)

First-grader Jessica worries about everything Brenda the bully might tease her about, until the day she has had enough and discovers a new way to deal with Brenda. (PICTURE BOOK CUY)



Cuyler, Margery. [Hooray for Reading Day!](#)

First-grader Jessica, a big worrier, is especially afraid that she will make a mistake when she is reading in front of her class and parents on Reading Theater Day, but after lots of practice reading to her dog Wiggles, she performs perfectly. (PICTURE BOOK CUY)



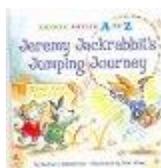
Cuyler, Margery. [Stop, Drop, and Roll](#)

Jessica, who worries about everything from her spelling homework to remembering to fill her dog's water dish, learns that fire safety begins with extinguishing her fears. (PICTURE BOOK CUY)



Danneberg, Julie. [The Big Test](#)

Mrs. Hartwell is concerned that preparing her students to take the Big Test is only making them nervous, and so she thinks of a way to help them relax. (PICTURE BOOK DAN)



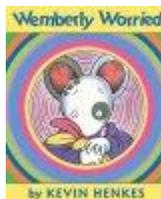
DeRubertis, Barbara. [Jeremy Jackrabbit's Jumping Journey](#)

Jeremy Jackrabbit discovers that doing what jackrabbits do best--jumping--will help him overcome jitters and, perhaps, win a trip to Japan. (PICTURE BOOK DER)



Feeny, Tatyana. [Small Bunny's Blue Blanket](#)

A young bunny who is very attached to his blanket worries when his mother insists the blanket needs to be washed. (PICTURE BOOK FEE)



Henkes, Kevin. [Wemberly Worried](#)

A mouse named Wemberly, who worries about everything, finds that she has a whole list of things to worry about when she faces the first day of nursery school. (PICTURE BOOK HEN)



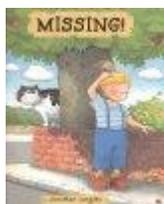
Kascza, Keiko. [Ready for Anything](#)

Raccoon is nervous about all of the things that could spoil a picnic, from bees to dragons, until Duck convinces him that surprises can be fun. (PICTURE BOOK KAS)



Kelley, Marty. [Winter Woes](#)

Rhyming lament of a young worrywart who wants to go outside and play in the snow but fears what could happen if he does, from slipping on steps to freezing his brain. (PICTURE BOOK KEL)



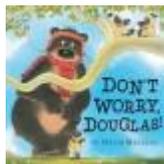
Langley, Jonathan. [Missing!](#)

Although school vacation has started, Daisy has forgotten to tell her cat not to wait for her at school and both of them think the other has become lost, or worse. (PICTURE BOOK LAN)



Lester, Helen. [Something Might Happen](#)

Twitchy Fidget the lemur worries about almost everything until his Aunt Bridget Fidget pays him a visit and shows him another way to live. (PICTURE BOOK LES)



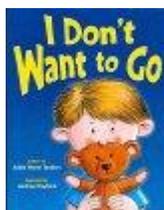
Melling, David. [Don't Worry, Douglas!](#)

Douglas the bear has just been given a hat by his father. But despite his father's advice to take care of the hat, the hat gets caught on a tree and turns into a long string of spaghetti. How will Douglas ever tell his dad? (PICTURE BOOK MEL)



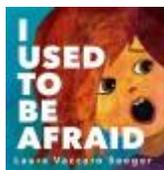
Pett, Mark. [The Girl Who Never Made Mistakes](#)

Beatrice is so well-known for never making a mistake that she is greeted each morning by fans and reporters, but a near-error on the day of the school talent show could change everything. (PICTURE BOOK PET)



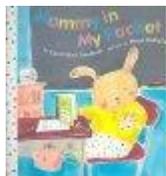
Sanders, Addie Meyer. [I Don't Want to Go!](#)

Joey is visiting his grandparents on his own for the very first time. (PICTURE BOOK SAN)



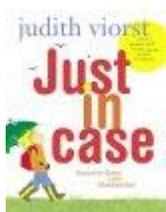
Seeger, Laura Vaccaro. [I Used to Be Afraid](#)

A novelty picture book exploring the many forms fear can take and the importance of overcoming it. (PICTURE BOOK SEE)



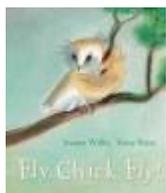
Senderak, Carol Hunt. [Mommy in my Pocket](#)

A little girl gets anxious about separation from her mommy when she goes to school. (PICTURE BOOK SEN)



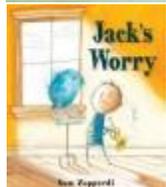
Viorst, Judith. [Just in Case](#)

Charlie likes to be ready for anything, imagining that his house could be flooded or a mermaid might kidnap him, but he learns that it is sometimes good to be unprepared. (PICTURE BOOK VIO)



Willis, Jeanne. [Fly, Chick, Fly!](#)

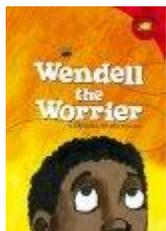
A chick that is reluctant to leave the nest finally learns how to fly. (PICTURE BOOK WIL)



Zuppardi, Sam. [Jack's Worry](#)

Jack has been looking forward to playing the trumpet in his first concert, but on the morning of the big day, Jack becomes anxious about performing and his worry starts to grow. (PICTURE BOOK ZUP)

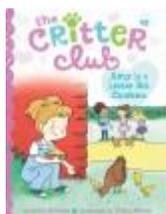
EARLY READERS



Donahue, Jill L. [Wendell the Worrier](#)

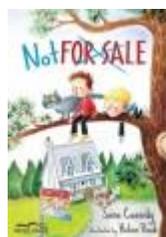
Wendell spends so much time worrying that he cannot even rest. (EARLY READER REA)

FICTION



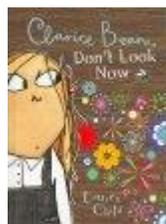
Barkley, Callie. [Amy is a Little Bit Chicken](#)

Amy has never liked being in the spotlight. When all her friends decide to form a team for the Santa Vista Quiz Bowl, Amy's not so sure. She knows she can answer the quiz questions...but can she do it in front of hundreds of people? Meanwhile, The Critter Club is caring for some chickens who need a home. As the Quiz Bowl approaches, Amy herself starts feeling just a little bit chicken! (JPB CRITTER CLUB)



Cassidy, Sara. [Not for Sale](#)

When ten-year-old Cyrus sees a For Sale sign plunged into his front lawn, it's a complete and utter disaster. Usually, his younger brother, Rudy, is the scaredy-cat, but for the first time in his life, Cyrus is terrified. He's lived at 637 Petunia Boulevard since he came to live with his adoptive mom and dad at two months old. Won't he go hurtling into outer space without these four familiar walls to hold him in? Luckily, Cyrus has a few sneaky tricks up his sleeve to stop this moving business before it even gets started. (J CAS)



Child, Lauren. [Clarice Bean, Don't Look Now](#)

Clarice Bean has a list of things to worry about. How does she handle them? (J CHI)



Graff, Lisa. [Umbrella Summer](#)

After her brother Jared dies, ten-year-old Annie worries about the hidden dangers of everything, from bug bites to bicycle riding, until she is befriended by a new neighbor who is grieving her own loss. (J GRA)



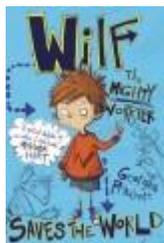
Grant, Katy. [Fearless](#)

Jordan is determined that this summer at camp she will be more confident and take more chances, like her sister, Madison, so she resolves to take the jump in horseback riding, ask a boy to dance, and perform in the talent show. (JPB SUMMER CAMP SECRETS)



McAuley, Rowan. [Sleep-over!](#)

It's Olivia's very first sleepover. She's super-excited and worried. A hundred different things could go wrong, all of them totally embarrassing! Olivia doesn't want to let her best friend down. BUT -- maybe she should just stay home? (JPB GO GIRL)



Pritchett, Georgia. [Wilf the Mighty Worrier: Saves the World](#)

Things Wilf was worried about before: 1) Stuffed animals. 2) Peanut Butter. 3) Creepy crawlies that have waggly feeler things instead of eyes. Things Wilf is worried about now: 4) The most evil man in the world. 5) The most evil man in the world living next door. 6) Anyone called Alan. When Alan, a self-styled Evil Lunatic, moves in next door with his grumpy robot sidekick and his silent right-hand-dog, Kevin Phillips, Wilf knows he will have to find a way to overcome his fears. And soon he realises: only he can stop Alan's ridiculous yet still Quite Evil plan to destroy the world... (J PRI)



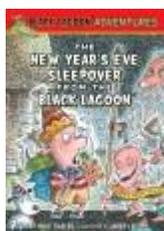
Stout, Shawn K. [Fiona Finkelstein, Big-Time Ballerina!!](#)

Nine-year-old Marylander Fiona Finkelstein tries to deal with stage-fright, missing her mother who is an actress in California, and hoping that her father, a television meteorologist, does not get in trouble when she antagonizes the anchorman. (J STO)



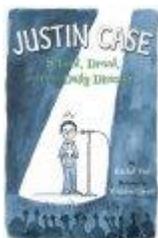
Thaler, Mike. [Back-to-School Fright From the Black Lagoon](#)

For Hubie, getting ready to go back to school after summer vacation is worse than actually going to class. His mom picks out all the wrong clothes, he gets back-to-back shots from his doctor, and there are rumors of a new teacher worse than any other. Will Hubie fail before school even starts. (JPB BLACK LAGOON ADVENTURES)



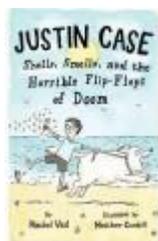
Thaler, Mike. [New Year's Eve Sleepover from the Black Lagoon](#)

Hubie has been invited to a New Year's Eve sleepover but has never spent the night away from home. What happens if he gets sick and what's all the talk about making a New Year's resolution? (JPB BLACK LAGOON ADVENTURES)



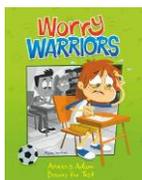
Vail, Rachel. [Justin Case: School, Drool, and Other Daily Disasters](#)

It's the start of the school year, and nothing feels right to Justin. He didn't get the teacher he wanted, he's not in the same class as his best friend, and his little sister, Elizabeth, is starting kindergarten at his school. Elizabeth doesn't seem nervous at all. Justin is very nervous about third grade. And to top it off, he's lost his favorite stuffed animal, but he can't tell anyone, because technically he's too old to still have stuffed animals. (J VAI)



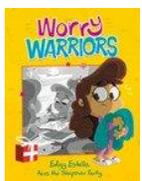
Vail, Rachel. [Justin Case: Shells, Smells, and the Horrible Flip-Flops of Doom](#)

Justin is going to start fourth grade—but first, he has to survive the summer. He "gets" to go to camp every day on a bus. He "gets" to experience all sorts of new things: Bugs. Mess hall food. Flip-flops (they hurt the space between his toes and they're hard to walk in). And (gulp!) swimming. Justin's little sister, Elizabeth, seems to deal with camp just fine. So do his friends. Justin is trying very hard not to be a worried kid anymore, especially when it comes to making friends at camp, including a new kid who is kind of...rough. After all, Justin is going to be in fourth grade. It's time to be brave. Right? (J VAI)



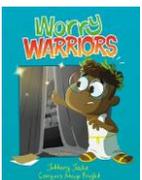
Ventura, Marne. [Anxious Adam Braves the Test](#)

Adam is dyslexic so he has to work extra hard to learn to read. He'd rather be playing sports or drawing in his sketchbook. When it's time for the Big Test at school he's a nervous wreck. Even when he knows the answers, he's not a good test-taker! What if he fails? Will he have to repeat fourth grade? Will everyone think he's not smart?(J VEN)



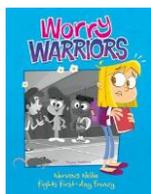
Ventura, Marne. [Edgy Estella Aces the Sleepover Party](#)

Estella finally convinces Mama and Papa to let her go to a sleepover party. But now that she has permission, she starts to worry! She's never slept away from home before. Will she miss her little sisters and brother? Will she be able to stay up really late? Will the other girls want to tell scary stories? Will she be the only one who has never been to a slumber party? (J VEN)



Ventura, Marne. [Jittery Jake Conquers Stage Fright](#)

Jake wants to make money so he can buy a digital robot. He's well on his way when he gets cast as King Midas in the school play. How ironic—playing a man who turns everything to gold cuts into the time he has to spend running errands for the neighbor to make money. And he is worried about having to learn so many lines and be up on stage in front of people. Will he embarrass himself? Forget his lines? Fall off the stage? (J VEN)



Ventura, Marne. [Nervous Nellie Fights First-Day Frenzy](#)

Nellie is looking forward to the first day of school. She'll be with her three best friends in Mrs. Anderson's class and, with luck, be appointed attendance monitor. Her heart drops when she learns that she won't be with her friends, but with her worst enemy—and a teacher who is new to the school. Will she make new friends? Lose her old friends? Will the new teacher be mean or nice? Will he recognize her writing talent? Worse—will the class have a pet rat? (J VEN)



Wilson, Jacqueline. [The Worry Web Site](#)

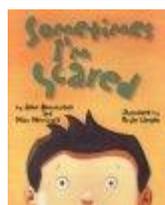
Mr. Speed creates a website on which his students can anonymously type their worries and get feedback from their classmates, which helps them sort out everything from pimples to stepfamily problems. (J WIL)

NON-FICTION



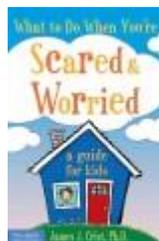
Aaron, Jane. [When I'm Afraid](#)

Explains fear as a normal part of life and discusses how to deal with it. Includes a parents' guide with examples and suggestions. (J152.46 AAR)



Annunziata, Jane. [Sometimes I'm Scared](#)

Kids can be afraid of lots of different things - the dark, spiders, dogs, clowns, monsters. This book outlines the steps kids can use to deal with their everyday fears, and get back to the business of being a kid. (J152.46 ANN)



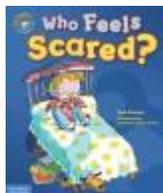
Crist, James J. [What to do When You're Scared & Worried: A Guide for Kids](#)

Everyone has fears and worries some of the time. But you don't have to stay scared and worried. Learn about where fears and worries come from, what other kids are scared and worried about - you're not alone, and how your body and mind work together to make fears worse or better. (J 152.46 CRI)



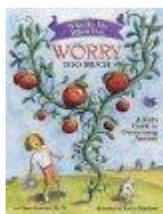
Frost, Helen. [Feeling Scared](#)

A description of fear using simple vocabulary. (J152.46 FRO)



Graves, Sue. [Who Feels Scared?](#)

When Jack's friends get frightened at a sleepover until they learn what causes the scary noises and how everyone fears something, they demonstrate how to handle fears, in a book with a story for children to retell and suggestions for parents. (J152.46 GRA)



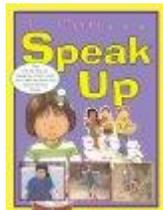
Huebner, Dawn. [What To Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety](#)

Teaches school-age children cognitive-behavioral techniques to reduce and overcome anxiety, fears, and worry, through writing and drawing activities and self-help exercises and strategies. Includes introduction for parents. (J155.4 HUE)



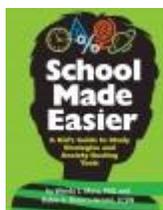
Kent, Susan. [Let's Talk About Feeling Nervous](#)

Discusses how new experiences can make a child nervous, how a person physically manifests anxiety, and tips on reducing nervous feelings. (J152.46 KEN)



Levet, Sarah. [I Can—Speak Up](#)

Provides strategies for handling feelings of shyness, embarrassment, or nervousness in situations like public speaking and making new friends. (J 158.2 LEV)



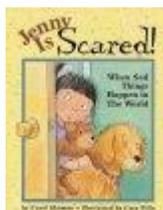
Moss, Wendy. [School Made Easier: A Kid's Guide to Study Strategies and Anxiety-Busting Tools](#)

The book teaches students ways to reduce their anxiety, increase their confidence in school, and study more effectively. These strategies such as learning positive self-talk, setting up the proper study environment, and becoming one's own study coach are designed to be fun and easy to learn. Also includes case studies of real kids, self-assessment checklists, and lots of Quick Tips. (J 371.3 MOS)



Nichols, Cheyenne. [Scared is...](#)

Photographs and short rhyming verses describe how it feels to be scared. (J 152.46 NIC)



Shuman, Carol. [Jenny is Scared! : When Sad Things Happen in the World](#)

Jenny's story of her emotions and behavior during a tragic world event will help younger children recognize their feelings and develop coping skills. (J 152.56 SHU)

PARENT'S COLLECTION



Buron, Kari Dunn. [When My Worries Get Too Big! : A Relaxation Book for Children Who Live With Anxiety](#)
An illustrated children's book with tips on how to recognize and cope with anxiety. Expanded 2nd ed. includes teaching ideas for parents and educators and other professionals. (PARENT 618.92 BUR)



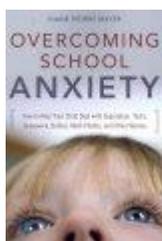
Eisen, Andrew R & Linda B. Engler. [Helping Your Socially Vulnerable Child: What to do when your Child is Shy, Socially Anxious, Withdrawn, or Bullied](#)

In social situations, certain children are more likely than others to be subject to emotional and physical harm by more aggressive children. Shyness, social anxiety, or a tendency to be withdrawn may underlie this social vulnerability, as may awkwardness in social situations or an inclination to be impulsive or explosive. If your child struggles with any of these problems, there is much you can do to help him or her develop more effective social skills and learn to fit in better with peers. (PARENT 618.92 EIS)



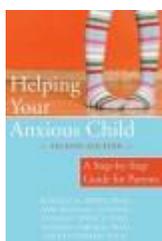
Last, Cynthia G. [Help for Worried Kids: How Your Child Can Conquer Anxiety and Fear](#)

You can use Dr. Last's checklists and examples to figure out the type and severity of your child's anxiety, identify contributing factors, and tackle the problem head on. Strategies tailored for different kinds of anxiety will guide you in preventing new episodes, calming your child when a problem arises, and keeping anxieties in check as your son or daughter matures. (PARENT 618.9285 LAS)



Peters Mayer, Diane. [Overcoming School Anxiety: How to Help your Child Deal with Separation, Tests, Homework, Bullies, Math Phobia, and Other Worries](#)

Shows parents how to deal with a wide variety of concerns from the fear of leaving home and refusal to go to school, to bullying and school violence and the fear of speaking up in class. Mayers also offers easy-to-learn exercises and techniques, including breathing and relaxation exercises for children of all ages, focusing techniques, and tips on proper diet and exercise that help relieve stress. (PARENT 649.154 PET)



Rapee, Ronald M. [Helping Your Anxious Child: A Step-by-Step Guide for Parents](#)

Most children are afraid of the dark. Some fear monsters under the bed. But at least ten percent of children have excessive fears and worries—phobias, separation anxiety, panic attacks, social anxiety, or obsessive-compulsive disorder—that can hold them back and keep them from fully enjoying childhood. If your child suffers from any of these forms of anxiety, the program in this book offers practical, scientifically proven tools that can help. (PARENT 616.8522 RAP)



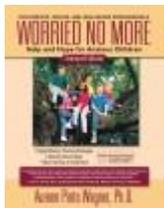
Sandas, Ilyne and Christine Siegel. [The Everything Parent's Guide to Children with Anxiety: Professional Advice to Help Your Child Feel Confident, Happy, and Secure](#)

This book presents a balanced approach to treatment—from traditional to non-traditional drug and behavioral therapies to relaxation tricks and meditation. Additionally, this helpful guide helps parents determine the causes of their child's anxiety, decide whether medical treatment is necessary, talk with their children about anxiety, find the right counselor, and consult with teachers and school officials. (PARENT 618.928522 SAN)



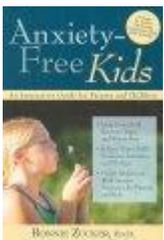
Urdahl, Catherine. [Emma's Question](#)

When Emma's grandmother, who takes care of her after school and takes her out for bagels on Wednesdays, gets sick and has to go to the hospital, Emma is afraid that she will die--but she is also afraid to talk about her fear. (PARENT 362 URD)



Wagner, Aureen Pinto. [Worried No More: Help and Hope for Anxious Children](#)

Highly effective practical strategies for parents, school and health care professionals to help children overcome worry, school refusal, separation anxiety, social anxiety, excessive shyness, panic, phobias, disasters and tragedies, obsessions and compulsions. (PARENT 618.928522 WAG)



Zucker, Bonnie. [Anxiety-free Kids: An Interactive Guide for Parents and Children](#)

Covering the six most commonly occurring anxiety disorders in childhood—generalized anxiety, separation anxiety, specific phobias, social phobias, panic disorder, and obsessive-compulsive disorder—this book gives kids and their parents successful strategies for achieving relaxation, conquering worries, challenging faulty thinking patterns, developing positive self-talk, and facing one's fears. (PARENT 616.8522 ZUC)

DVD



[Spectrum Connections. Bounce. Let's Go!](#)

Going places can be fun - and also overwhelming and scary. So in this episode, Elizabeth and her music class practice visiting places like the doctor's office, a birthday party and even the playground. (DVD J BOUNCE)