

# Great Books to Read With Your Child if They Struggle With Anxiety



Anxiety disorders affect roughly one in every eight children. This variety of disorders can affect a child physically – by way of fatigue, restlessness, difficulty concentrating, and irritability – as well as affecting a child's grades,

performance in school and relationships with friends and family. You may be noticing some of these signs in your own child and find yourself at a loss for how you can help them with these feelings of anxiety. One great strategy is through the use of children's books.

Our team of neuropsychologists, school psychologists, and psychology students at South County Child and Family Consultants are committed to searching the Internet and beyond to find reputable, informative, and practical tools to help child and young adults manage their anxiety. We look for the best information online to help kids diagnosed with ADHD, Learning Disabilities, Executive Functioning Difficulties, struggles with Social Emotional Learning (SEL) skills, Autism, Depression, and Anxiety and provide you with information about how neuropsychological evaluations help in targeting concerns about anxiety. Come back regularly, as the links are updated frequently.

Below is a list of age-appropriate books that you could read with your child if they are experiencing anxiety. These books can help your child understand what they are feeling, why they are feeling this way, and identify strategies to cope with

their feelings. By reading along with your child, looking at the illustrations, and asking questions or making comments, you can help your child understand their anxiety in an age-appropriate manner.

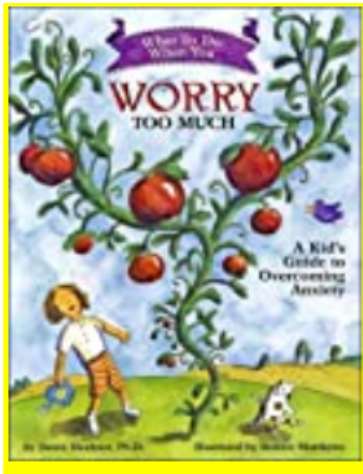


## Please Explain “Anxiety” to Me! (Ages 5-8)

**By Laurie E. Zelinger**

**Amazon Review:** *“Anxiety is, of course, a complicated neuro-physiological process but it has been reduced to understandable terms in this brilliantly illustrated book for children. I would go even further and say that there are adults who could benefit from the straightforward approach.”- Rick Ritter, MSW, author of Coping with Physical Loss and Disability*

**Dr. Kulman's take:** Younger children benefit from putting words to their feelings. Reading about someone who feels stress can be very helpful.



## What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety (Ages 6-12)

**By Dawn Huebner**

**Amazon Review:** *"Dr. Huebner has created a completely accessible, easy-to-understand book to show worrying children a new way of life. Kids will breathe a sigh of relief to learn solutions that really work."*—Tamar Chansky, PhD, author of *Freeing Your Child from Anxiety* and *Freeing Your Child from Obsessive-Compulsive Disorder*

**Dr. Kulman's take:** Strategies to handle worry and stress are often a great topic for kids with anxiety. It gives them control and something they can do.



## Wilma Jean the Worry Machine (Ages 7-11)

**By Julia Cook**

**Amazon Review:** *"Kids who have ever experienced any kind of anxiety will relate to this book! Julia's clever and humorous*

*style along with her simple and apt antidotes make this book a must for young people with worries or fears.” –Kim Tip Frank – Child Therapist and Author of “The Handbook for Helping Kids with Anxiety and Stress.”*

**Dr. Kulman’s take:** The pictures alone will get kids to laugh and worry less.



## **Wilma Jean the Worry Machine: Activity and Idea Book (Ages 7-11)**

**By Julia Cook**

**Amazon Review:** *“Kids who have ever experienced any kind of anxiety will relate to this book! Julia’s clever and humorous style along with her simple and apt antidotes make this book a must for young people with worries or fears.” –Kim Tip Frank – Child Therapist and Author of “The Handbook for Helping Kids with Anxiety and Stress”*

**Dr. Kulman’s take:** Wilma Jean appears again to help kids handle stress and anxiety.

