

# Websites on Anxiety for Parents



As anxiety is becoming increasingly more common, parents are struggling to understand the best ways to help their children. Whether it is recognizing symptoms, discovering relaxation techniques, or just learning about what anxiety is in general, this list of websites is sure to help. It is important to remember everyone experiences anxiety in different ways so some websites may be more beneficial than others.

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 parents, children, and teens understand and improve 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 regarding anxiety. Come back regularly, as the links are updated frequently.

## [Stress Free Kids](#)

Stress Free Kids introduces researched-based anxiety management techniques for parents and children through storybook suggestions for a wide range of ages. It also provides recommendations for CD's and activities to reduce

stress.

## **Coping Skills for Kids**

Coping Skills for Kids compiles a list of resources to assist in calming down a child with anxiety. There are a variety of different methods and ideas to help relax an anxious child. Additionally, the site offers deep breathing exercises, helpful books and games, as well as advice on whether or not to see a therapist.

## **Anxiety and Depression Association of America**

ADAA strives to provide information regarding anxiety for wondering parents. The website suggests links to other helpful articles and additional websites to increase knowledge on anxiety. The articles range from giving tips to showing statistics and providing explanations.

## **Anxiety Canada**

Anxiety Canada has expert tools and resources to help manage anxiety. The website has information on anxiety for adults, youth and children. The website also has a variety of resources including video and audio collections.

## **Head Space**

Headspace advocates for the effectiveness of meditation in relieving anxiety. They show the informative science behind meditation and give tips on the best ways to relax through meditation. Furthermore, the website breaks down anxiety in order to better understand it.

## **Child Mind**

Child Mind provides a general understanding of anxiety and the

different types of it. The site also has relatable real-life stories from those struggling with anxiety. Concerned parents can also ask questions to experts for advice or read questions asked by other parents.

## **Harvard Graduate School of Education**

Harvard website contains articles and sources on relevant research directed towards helping teens. The sources help both parents and teens understand what an anxious teen needs in order to face their fears, build resilience, and grapple with the pressure to achieve.

## **Coping Cat Parents**

Coping Cat Parents is a website geared towards helping parents but also contains tons of resources for both teens and children. For parents, the site has areas devoted to understanding anxiety and how to help an anxious child. For kids the website has an ask and learn category, helpful strategies, books, and resources.

## **Children with Anxiety**

Children with Anxiety provides information, recommendations, and support for parents and loved ones of children with anxiety disorders. Children with anxiety is a website developed by parents for parents.