

# Resources on Anxiety for Parents



A significant number of parents are likely wondering if their child has anxiety as it is becoming a more common occurrence in society today. We have provided a list of resources including articles, pdfs, apps, and Pinterest boards. In order

to understand the best ways to help a child, parents need to understand anxiety in the first place. These different resources dive into signs and symptoms, discuss treatment options, and provide tips to help your child. Everyone has different experiences with anxiety so it is important to remember that some resources may be more helpful 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.

## ARTICLES:

### [Signs of Anxiety in Young Kids](#)

Anxiety checklist to help parents see if their child may be suffering from anxiety

### [Treating Anxiety in Children](#)

This article breaks down the different treatment routes and shares their benefits for children with anxiety.

### [Helping Your Anxious Child or Teen](#)

Infosheet to help parents understand and recognize anxiety in their child. Additionally, the info sheet advises on the best ways parents can support their struggling teen or child.

### [Anxiety in Children](#)

A generalized understanding of common anxiety symptoms and types. Also includes ways parents can help children manage anxiety and insight into treatment options

### [How to Help a Child Struggling with Anxiety](#)

6 tips for parents and caregivers on how to best help their child struggling with anxiety. Furthermore, the article suggests a handful of books for parents interested in additional resources.

## PDF:

## **Resources for Parents of Children with Anxiety Disorders**

A compilation of resources to help parents of children with anxiety disorders. The pdf offers recommendations of informative websites and books for parents. Additionally, there is a list of recommended books for children with anxiety.

## **Anxiety disorders An information guide**

An information guide from the Center for Addiction and Mental health on anxiety disorders. The guide provides a thorough overview of anxiety disorders, as it is more of an online book than just a guide. It has chapters on an overview of anxiety, causes, treatments, relapse prevention, and help for families.

## **Free Downloadable PDF Resources**

Anxiety Canada provides a list of free downloadable PDF resources. There are helpful “how to” documents for parents for their own knowledge and printouts for their kids. Additionally there are “how to” documents for self help. There are many options to choose from that best fit your needs.

## **APPS:**

### **Calm**

Calm is an app that teaches meditation skills and breathing exercises. All ages can enjoy the techniques the app has to offer.

## **Colorfy: Art Coloring Game**

More often than not you have heard that coloring is a great stress reliever. While this is true it can be hard to have a coloring book on hand every time you are stressed. With colorfy now you never have to worry. Colorfy is an adult coloring book with a variety of images or mandalas to choose from to calm and distract you from your worries.

## **Stop, Breath, & Think**

A personalized meditation and mindfulness app. The app includes daily emotional check-ins, journaling prompts, guided meditations and yoga.

## **AntiStress Anxiety Relief Game**

An app that mimics your favorite gadgets and techniques to keep you distracted. This app includes tons of fun little distractions that can help ease your stress and anxiety. Bubble popping, fidget spinners, and pen clicking are just of the few fun tools the app has to take your mind off of the stress.

## **PINTEREST BOARDS:**

### **Anxiety, Depression, and Exercise for Teenagers**

A collection of articles and tips regarding anxiety in children and teens. Pinterest page created by Learning Works For Kids.

## **Anxiety Resource Center**

The Anxiety Resource Center's pinterest was founded with the hope of providing a place that offers support, hope and inspiration. Their pinterest has multiple boards covering different areas of anxiety. These boards include breathing and mindfulness, inspirational quotes, helpful worksheets, and education and awareness.

## **INSTAGRAM:**

### **Sunny Bloom Inspiration**

An instagram account with the goal of spreading mental health awareness and promoting positivity. The account posts inspirational quotes and reminders, as well as tips for coping with different aspects of anxiety.

### **DLC Anxiety**

DLC Anxiety is one of the largest anxiety support groups on instagram. The page provides information on anxiety, and how to spot it in others or yourself. Furthermore it provides tips for those struggling with anxiety who need helpful advice.