

Anxiety



McMaster
Children's Hospital



Background Information

1. **The Worried Child: Recognizing Anxiety in Children and Helping Them Heal**
by Paul Foxman, Hunter House Publishers (2004) **ISBN:** 0897934202
2. **Freeing Your Child from Anxiety: Powerful, Practical Solutions to Overcome Your Child's Fears, Worries, and Phobias** by Tamar E. Chansky Broadway (2004)
ISBN: 0767914929
3. **Your Anxious Child: Raising a Healthy Child in a Frightening World**
by Mary Ann Shaw Tapestry Press; 2nd edition (2003) **ISBN:** 193081917X
4. **School Phobia, Panic Attacks, and Anxiety in Children**
by Marianna Csoti, Jessica Kingsley Publishers (August 2003) **ISBN:** 1843100916

Step by Step Guides

5. **Helping Your Anxious Child: A Step-By-Step Guide for Parents**
by Ronald M. Rapee, New Harbinger Publications (2000) **ISBN:** 1572241918
6. **The Anxiety Cure for Kids: A Guide for Parents**
by Elizabeth DuPont Spencer, Wiley (2003) **ISBN:** 0471263613
7. **Your Anxious Child: How Parents and Teachers Can Relieve Anxiety in Children**
by John S. Dacey, Jossey-Bass (2001) **ISBN:** 0787960403
8. **Help for Worried Kids: How Your Child Can Conquer Anxiety and Fear**
by Cynthia G. Last, Guilford Press (2005) **ISBN:** 1572308583
9. **Seven Steps to Help Your Child Worry Less: A Family Guide**
by Sam Goldstein, Specialty Press (2003) **ISBN:** 1886941467
10. **Worried No More: Help and Hope for Anxious Children**
by Aureen Pinto Wagner, Lighthouse Press, 2nd edition (2005)
ISBN: 0967734797

Videos

Fighting Their Fears: Child and Youth Anxiety

by Melanie Wood, National Film Board of Canada (2004)

NFB ID# 113C9104249

Websites

<http://www.adaa.org/GettingHelp/FocusOn/Children&Adolescents.asp>

<http://www.caringforkids.cps.ca/behaviour/fears.htm>



About the suggested resources

The books and resources on this list are selected from the collection at the Family Resource Centres at McMaster Children's Hospital. The selection is based on parent and child feedback, and from on-going reviews at the Family Resource Centre. The inclusion of a particular resource does not imply an endorsement of the information or suggestions in that resource. Many of our resources are general in nature, and may not apply to your situation. Your health care professional is the best source of information about your child's health and concerns.

The Offord Centre for Child Studies

The **Offord Centre for Child Studies** is Canada's only research centre solely dedicated to improving the life quality and life opportunities of children and youth by focusing on the biological factors and life circumstances that influence healthy child development.

The **Centre of Knowledge on Healthy Child Development** gives you access to important and up-to-date information that is based on the best scientific research currently available. It's designed to help you sort through all the conflicting information about what promotes, and what hinders, healthy child development so you can make better choices that will result in better outcomes for children.

We've organized this **Centre of Knowledge on Healthy Child Development** to focus on certain disorders, behaviour problems and life circumstances that can have a significant impact on children's health and wellbeing.

You will find information on anger, aggression and bullying, conduct disorder and oppositional defiant disorder, attention deficit hyperactivity disorder (ADHD), anxiety and depression. We'll talk about how to distinguish mental health problems from normal development. We'll discuss the impact of problems left untreated, such as poor school performance, juvenile delinquency, substance abuse, and poor peer relationships in adolescence.

Visit the **Centre of Knowledge on Healthy Child Development** at:
<http://knowledge.offordcentre.com/>

*"It is our responsibility to ensure bright futures
for today's children so that tomorrow's society will benefit."*

- Dan Offord