

Top Tips: Best books and resources for supporting kids with anxiety



In March 2017, parenting author and educator Maggie Dent put a post on Facebook asking for suggestions of insightful books and resources that may help a parent of an anxious prone child.

The original Facebook post:

Maggie shared [Anxious Toddlers: Parenting Survival for All Ages post](#). (Please note this site curated by Natasha Daniels actually has great resources for parents of children and teens, not just toddlers so do [check it out](#)).

“One of the most effective ways to help children with their fears is through reading books. Here is the ultimate list of children's books for worries - separated by themes.

[Child Therapist's List of Best Kid's Books for Worries](#)

Does your child have fears of the dark? Worries about making friends? Fear of the potty? Any other suggestions?”

DISCLAIMER: These suggestions are shared from our Facebook community – please [do your own research](#) when making choices for your family.

Book titles suggested by our community:

- *Hey Warrior* by Karen Young
- *The Kissing Hand* by Audrey Penn
- *Chester the Brave* by Audrey Penn
- *Starting School* by Jane Godwin (for school refusal/anxiety)
- *Do I Have to go to School* by Pat Thomas (for school refusal/anxiety)
- *Llama Lama Misses Mama* by Anna Dewdney (for school/separation anxiety)
- *Eddie Frogbert* by Sue Degennaro (trying something new/being brave)
- *Don't Think About Purple Elephants* by Susan Whelan
- *Jack's Worry* by Sam Zuppardi
- *The Unforgettable What's His Name* by Paul Jennings (chapter book)
- *The Invisible String* by Patrice Karst (great for separation anxiety apparently)
- *The Big Bag of Worries* by Virginia Ironside
- *Anxiety Sucks: A Teen Survival Guide* by Natasha Daniels

More resources to manage anxiety in children:

- [Smiling Mind](#) a not-for-profit web and app-based free meditation program whose goal is to have mindfulness on the Australian Curriculum by 2020. Maggie is an ambassador for Smiling Mind and encourages everyone to download their app to have access to their meditation tracks.
- Maggie's resources all in one place: <https://www.maggiedent.com/common-concerns/anxiety-fear-calming-children/>
- This creative visualisation has been especially created for children aged 4-10 who are experiencing irrational feelings of anxiety and fear: www.maggiedent.com/shop/audio/soothing-frightened-butterflies-audio-download/
- Maggie's free audio tracks, Sleepytime and Safe'n'Sound: www.maggiedent.com/blog/sleepytime-safesound-free-audio-tracks/
- Dr Kayelene Henderson's free book, *I Can See My Feelings*: <http://drkaylenehenderson.com/wp-content/uploads/I-Can-See-My-Feelings-Picture-Book.pdf>
- www.worrywisekids.org/ Transforming the weight of the world into a world of possibilities.
- The University of Queensland has developed The Brave Program – a free, interactive online program to help children and teens cope with worries and anxiety. They have programs for parents too. <https://brave4you.psy.uq.edu.au/>

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Maggie Dent
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