

ANXIETY/WORRY BOOKLIST

Call Number	Author	Title	Publication Date
PICTURE BOOKS			
JJ FIC KASZA	Kasza, Keiko	Ready for Anything	2009
JJ FIC LESTER	Lester, Helen	Something Might Happen	2003
JJ FIC MILNE	Milne, Terry	Anxious Charlie to the Rescue	2019
JJ FIC PARR	Parr, Todd	The Don't Worry Book	2019
JJ FIC PENN	Penn, Audrey	The Kissing Hand	1993
JJ FIC PERCIVAL	Percival, Tom	Ruby Finds a Worry	2019
JJ FIC SPELMAN	Spelman, Cornelia	When I Feel Worried	2013
JJ FIC YACCARINO (Board)	Yaccarino, Dan	Rainy Day: A Little Moral Story about Worry	2016
JUVENILE FICTION			
J FIC TREGONNING (GRAPHIC)	Tregonning, Mel	Small Things	2018
J FIC VIVAT	Vivat, Booki	Minor Incidents and Absolute Uncertainties	2019
NON-FICTION			
J 155.4 H	Huebner, Dawn	Outsmarting Worry: An Older Kid's Guide to Managing Anxiety	2018
J 616.85 K	Kawa, Katie	I Feel Worried	2013
J 152.4 M	Medina, Sarah	Worried	2007
PARENTING			
JPS 618.92 A	Al-Ghani, K. I.	The Panicosaurus: Managing Anxiety in Children Including Those With Asperger Syndrome	2013
JPS 155.4 F	Freeland, Claire	What to Do When You Feel Too Shy: A Kid's Guide to Overcoming Social Anxiety	2016
JPS 618.92 H	Hollman, Laurie	The Busy Parent's Guide to Managing Anxiety in Children and Teens: A Quick Read for Powerful Solutions!	2018
JPS 155.4 H	Huebner, Dawn	What to Do When You Worry too Much: A Kid's Guide to Overcoming Anxiety	2006
JPS 155.4 L	Lavallee, Kristen	What to Do When You Don't Want to Be Apart: A Kid's Guide to Overcoming Separation Anxiety	2017

JPS 616.89 O	Ortner, Nick	<u>The Tapping Solution for Parents, Children & Teenagers: How to Let Go of Excessive Stress, Anxiety and Worry and Raise Happy, Healthy, Resilient Families</u>	2018
JPS 649.1 P	Pantley, Elizabeth	<u>The No-Cry Separation Anxiety Solution: Gentle Ways to Make Good-Bye Easy From Six Months to Six Years</u>	2010
JPS 152.4 W	Walker, Bridget	<u>Anxiety Relief for Kids: On-the-Spot Strategies to Help Your Child Overcome Worry, Panic & Avoidance</u>	2017