



Anxiety Resources

Caregivers/Parents:

"Freeing Your Child from Anxiety: Powerful, Practical Solutions to Overcome Your Child's Fears, Worries, and Phobias" by Tamar Chansky

"Helping Your Anxious Child: A Step-By-Step Guide for Parents" by Ronald Rapee, Ann Wignall, Susan Spence, Vanessa Cobham & Heidi Lyneham

"Keys to Parenting Your Anxious Child" by Katharina Manassis (Barron's Parenting Keys Series)

"Helping Your Child Overcome Separation Anxiety or School Refusal: A Step-by-Step Guide for Parents" by Andrew Eisen & Linda Engler

"Talking Back to OCD: The Program That Helps Kids And Teens Say "No Way" –and Parents Say "Way to Go" by John March

www.anxietybc.com: Anxiety Disorders of British Columbia – provides parent and professional information on anxiety

www.kidshealth.org: Nemours Foundation – child & teen health information

<http://www.aboutourkids.org/>: New York University School of Medicine – parent information on child & teen health

<http://friendsparentprogram.com/index.php>: B.C. Friends for Life Parent Program – Easy-to-use resource materials on anxiety for parents of 5- to 15-year-olds.

www.insync-group.ca: Information for youth, parents and professionals about self-injury/self-harm from the Interdisciplinary National Self-Injury in Youth Network Canada

Children:

"A Hole in One - A Tale from the Iris the Dragon Series" by Gayle Grass, illustrated by Graham Ross

"Up and Down the Worry Hill: A Children's Book about Obsessive-Compulsive Disorder and Its Treatment" by Aureen Pinto Wagner, illustrations by Paul A. Jullon

"Mr. Worry: A Story about OCD" by Holly L. Niner, illustrated by Greg Swearingen

"Coping Cat Workbook" (Child Therapy Workbook Series) and "Cognitive-Behavioural Therapy for Anxious Children: Therapist Manual", both by Philip Kendall and Kristina Hedtke

[MindMatters](http://www.mindmatters.org) (Orlick). relaxation strategies with audio exercises

"Taming Worry Dragons: A Manual for Children, Parents and Other Coaches" by E. Jane Garland & Sandra L. Mark

"Coping with Anxiety and Panic Attacks" by Jordan Lee

www.kidshealth.org: Stories from children and teens with anxiety difficulties, strategies and helpful tips

www.worrywisekids.org: A website for parents and children – types of anxiety, treatment and resources

Kids Help Phone: www.kidshelpphone.ca or 1-800-668-6868

Coping with Separation Anxiety for Children

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Share information with the caregiver: Share your child's unique likes, dislikes, fears, eating/sleeping habits and anything else that will help the caregiver understand your child, ease the transition and provide care that is reasonably consistent with yours.

Visit the new setting with your child. Show children where they will be eating, sleeping and playing, and introduce the new caregiver.

Shorten the first few days: Shorter days will give your child more time to adjust and allow him/her to learn that you will return.

Build trust: Let your child see you and the caregiver building a friendly relationship. Include the three of you in a brief conversation or play activity.

Prepare the night before: An unhurried, pleasant start to the day is crucial to successful separations. If the child is old enough, involve him/her in the packing of lunches and the selection and laying out of clothes.

Something from home: Young children often use an object from home to comfort themselves (such as a favourite teddy or blanket). Eventually, the need for these "cozies" or transition objects diminishes.

On the way the first day: Have a calm, positive attitude. Sing a favourite song or talk about what the child or you will be doing today. In terms the child will understand, explain where/when you will be picking him/her up.

Develop a goodbye ritual: Plan a special way to say goodbye, such as a wave through the window or a lipstick kiss stamped on the back of the child's hand.

Take time to say goodbye: Leave your child with a positive attitude of what you will do together at the end of the day. Regardless of how tempting it may seem, never sneak out while the child is distracted. This destroys trust and will encourage the child to cling more on future occasions.

Avoid repeated goodbyes: Once you say "I am leaving now" and go through the established goodbye ritual, then go. Stalling can make the child more fearful and clingy.

Accept and listen to negative feelings: Telling children that they are too big to cry only aggravates their fears and fails to help them understand their true feelings. Saying, "I know you are feeling sad. I will miss you too" is more helpful.

