

The Center for Psychology & Counseling

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RECOMMENDED READING AND LISTENING FOR CHILDREN AND ANXIETY

BOOKS FOR PARENTS

1. Worried No More. Help and Hope for Anxious Children. Aureen Pinto Wagner, Ph.D. *Understanding excessive anxiety and how to control it. Written for parents, teachers and healthcare professionals.*
2. Freeing Your Child From Anxiety. Tamar E. Chansky, Ph.D. *Practical solutions to helping your child overcome their fears, worries and phobias.*
3. The Anxiety Cure for Kids; A Guide for Parents. Elizabeth DuPont Spencer, M.S.W., Robert L. DuPont, M.D., Caroline M. DuPont, M.D. *A comforting, practical guide to helping your child deal with anxiety.*

RELAXATION AUDIO FOR PARENTS

1. Letting Go of Stress. Steven Halpern and Emmitt Miller.

BOOKS FOR CHILDREN

Anxiety

1. What to Do When You're Scared and Worried. A guide for kids. James J. Crist, Ph.D. *Written for kids. Explains different kids of worries and how to recognize the feelings. Provides steps for thinking in a different way to combat thoughts that interfere with behaviors.*
2. Don't Pop Your Cork on Mondays. Adolph Moser. *Learn the causes of stress and how it affects you.*
3. Up and Down the Worry Hill: A Children' Book About Obsessive-Compulsive Disorder and It's Treatment. Aureen Pinto Wagner. *Also has an adult companion book: What to Do When Your Child Has Obsessive-Compulsive Disorder: Strategies and Solutions.*
4. What to Do When You Worry Too Much. Dawn Huebner, PhD. *Illustrations and worksheet for children with anxiety.*

5. Just Because I Am, A Child's Book of Affirmation. Lauren Murphy Payne, M.S.W. *A book of affirmations that children can read to themselves.*

Relaxation and Stress Management

1. Angry Octopus. An Anger Management Story. Lori Lite. *Introducing active progressive muscular relaxation and deep breathing.*

2. Sea Otter Cove. Lori Lite and Max Stasu. *A Relaxation story introducing deep breathing to decrease stress and anger while promoting peaceful sleep.*

Bedtime Stories

1. Time For Bed. (Board Book). Mem Fox and Jane Dyer. *Beautiful illustrations. For very young children.*

2. Guess How Much I Love You. Sam McBratney and Anita Jeram.

RELAXATION AUDIOS FOR CHILDREN

1. I Can Relax. Dr. Donna Pincus. www.childanxiety.net