* You and Your Anxious Child: Free Your Child from Fears and Worries and Create a Joyful Family Life (Lynn Sonberg Book)
* What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety (What to Do Guides for Kids) \*\*This one was recommended multiple times and also told it was good to read WITH the child. I was told this whole series is very good.
* The Scared Child
* Helping Students Overcome Depression and Anxiety
* [gozen.com](http://gozen.com/)
* Book: Why Smart Kids Worry and What Parents Can Do To Help - Allison Edwards
* Book: The Whole Brain Child - Daniel J. Siegel and Tina Payne Bryson; this one is more broad in topic, but there are strategies that can be used to help bring kids out of anxiety. The book is just excellent in general.
* Book: Freeing Your Child from Anxiety - Tamar Chansky; many practical ideas; suggestions for how to implement/teach those ideas according to age levels— preschool through high school. \*\*Also recommended several times.
* Book for younger kids: What to Do When You’re Scared & Worried - James J. Crist; there is a chapter on panic attacks as well as helpful info for other kinds of anxiety.

# Anxiety Free Kids - Bonnie Zucker

* The Worried Child, Paul Foxman
* I would also recommend regular mindfulness exercises. Mind Yeti is a free online resource for short guided mindfulness sessions.
* Julia Cook books are excellent. She has one called "Wilma Jean and the Worry Machine," which I've found helpful with some of my young students with anxiety.
* Stress-Free Kids by Lori Lite