



Anxiety resources

Are you a parent or caregiver looking for some good resources to help an anxious child? Are you needing some tips for how to encourage your own anxious child? This page shares naturopathic doctor recommended resources for anxiety in children.

If your child is struggling with excessive worries please remember you are NOT alone. Anxiety in kids is very common. Research shows that up to [12% of children will have problematic anxiety by the age of 18](#). Below you will find some helpful resources to calm your anxious child.

Anxiety Canada (anxietycanada.com and youth.anxietycanada.com)

There are lots of different parts to this interactive website. The children/adolescent specific portion of the website can be found at youth.anxietycanada.com (or click on Youth under the general website).

This site is geared toward older kids and teens. It is more of an information site, with listings of things like: "what is anxiety" and "when is it a problem?" It includes very basic tips for self regulation, including "thinking right" - like how to deal with automatic thoughts (this is a term used in cognitive behavioral therapy). It also includes some simple breathing tips.

The *treatment* portion of this site is not hugely helpful. But to gain a frame of reference for anxiety in kids this is a very good starting place for parents or teenagers.

Recommended for: a first starting place when a teenager needs some resources for anxiety.

Worry Wise Kids (www.worrywisekids.org)

Worry Wise Kids is another website of what worry is and when to be concerned.

Worry Wise Kids is geared toward parents of children with anxiety, which is really great. (There are very few websites meant for *children* with anxiety!)

This website also lists anxiety "red flags" - which are the signs of when anxiety is very concerning. It includes a list of the different types of anxiety.

Cons to this site: it looks like it hasn't been updated in a number of years, so some of the links are broken. It does have an updated link to a class that parents can take called Coping Cats Parents (www.copingcatsparents.com)

Recommended for: a first starting place when a child or parent isn't sure if their child's anxiety is normal.



Books

David and the Worry Beast

This is a sweet little book about a worried boy (David). It shares the story of how David could not stop thinking about his worries (missing the basket in the big basketball game, failing his math test). It is a great little story that many anxious kids will relate to. It includes a few short pages at the end of the book to give kids and parents coping tips. Mostly it is a book that shows how a child can overcome his/her anxiety.

Recommended for: any child who needs a story to help them understand that anxiety is common and treatable. Best for younger children, approximately elementary-school aged.

What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety

This is a great workbook with a large font size, perfect for elementary school kids with anxiety. The introduction to the book is fantastic: *"Parents and caregivers find themselves spending huge amounts of time reassuring, coaxing, accommodating, and doing whatever else they can think of to minimize their child's distress. But it doesn't work. Their anxiety remains in control. As you have undoubtedly discovered, simply telling an anxious child to stop worrying doesn't help at all."* This book gives some real, specific techniques to help parents break out of the habit of coaxing or reassuring kids - which sometimes only makes anxiety worse! This book speaks real kid language. It uses examples, illustrations and words that kids relate to and understand easily. It is also a workbook, so there are places to draw pictures or write sentences or lists. It also gives some good, concrete ways for kids to overcome their worries.

Recommended for: any elementary school child with anxiety who is ready to engage in the process of overcoming worries.

Anxiety Relief for Kids: on-the-Spot Strategies to Help Your Child Overcome Worry, Panic, and Avoidance

This book is incredible. It uses Cognitive Behavioral Therapy techniques in a simple, easy to understand way. The main point of this book is to give parents a "toolbox" of techniques to use with their anxious child. These tools include things like using a "Fear Thermometer," a "Worry Hill" and a "Nickname Game." These are all techniques that are appropriate for children (though they work on adults too!) and are concepts that kids quickly grasp.

Most importantly, this book helps parents break the cycle of enabling avoidance and safety behaviors, which only makes anxiety worse. One of the main principles of Cognitive Behavioral Therapy is gradual and repeated exposure to situations that your child may be avoiding due to anxiety. This book teaches you how to introduce exposures in a way that is empowering rather than frightening.

Recommended for: parents of anxious children of any age. (Note, this book has lots of great tools for adults who are anxious too!)

FOR MORE INFORMATION ABOUT A NATUROPATHIC APPROACH TO ANXIETY TREATMENT IN CHILDREN CHECK OUT WWW.NATUROPATHICPEDIATRICS.COM. IN THE SEARCH BOX TYPE "ANXIETY" AND HIT ENTER FOR A LIST OF RELEVANT ARTICLES.

