

Here's some suggested resources about:

ANXIETY

Books

1. Coping With Anxiety and Panic Attacks by Jordan Lee Rosen, Publishing Group; c2000 ISBN: 0823932028 **HPL**
2. Keys to Parenting Your Anxious Child by Katharina Manassis, Barrons Educational Series; c1996 ISBN: 0812096053
3. The Anxiety Cure for Kids : A Guide for Parents by E. D. Spencer, John Wiley & Sons; c2003 ISBN: 0471263613
4. Freeing Your Child from Anxiety : Powerful, Practical Solutions to Overcome Your Child's Fears, Worries, and Phobias by T. E. Chansky, Broadway Books; c2004 ISBN: 0767914929
5. Seven Steps to Help Your Child Worry Less: A Family Guide by Kristy Agar, Specialty Press; c2003 ISBN: 1886941467
6. The Worried Child: Recognizing Anxiety in Children and Helping Them Heal by Paul Foxman, Hunter House; c2004 ISBN: 0897934202
7. Your Anxious Child: Raising a Healthy Child in a Frightening World by Mary Ann Shaw, Tapestry Press; c2003 ISBN: 193081917X
8. Helping your anxious child : a step-by-step guide for parents by Ronald Rapee, New Harbinger Publications, c2000 ISBN: 1572241918
9. Your Anxious Child: How Parents and Teachers Can Relieve Anxiety in Children by John S. Dacey, Jossey-Bass, c2001 ISBN: 0787960403

Websites

<http://www.aacap.org/publications/factsfam/anxious.htm>

<http://www.adaa.org/AnxietyDisorderInfor/ChildrenAdo.cfm>

<http://www.caringforkids.cps.ca/behaviour/fears.htm>

The books and resources on this list are selected from the collection at the Family Resource Centres at McMaster Children's Hospital. The selection is based on parent and child feedback, and from on-going reviews at the Family Resource Centres.



Ministry of Children and
Family Development

Children are British Columbia's most important investment in the future. In February 2003, government approved the 5-year Child and Youth Mental Health Plan, for improving the mental health of children and youth in BC. The Plan rests on three foundations: Support and Treatment, Reducing Risks, and Building Capacity. In the interests of building capacity, Child and Youth Mental Health Services (CYMHS) has partnered with McMaster Children's Hospital to provide this Resource List which might be useful to you or someone you know.

For more information about the Plan and other British Columbia resources for children, youth and families, please visit the Ministry of Children and Family Development, Child and Youth Mental Health internet site at:

http://www.mcf.gov.bc.ca/mental_health/resource_lists.htm

Public libraries also offer an extensive collection of materials related to the mental health and wellness of children, youth and families. The Ministry of Children and Family Development and the Ministry of Community, Aboriginal and Women's Services have made the books on this list available through your local public library, in support of the Child and Youth Mental Health Plan. To find information about the library closest to you, please visit the Public Libraries of BC's web site. <http://www.bcpl.gov.bc.ca/VRD/libraries/>

This resource list is meant as a guide only and is not meant to be exhaustive. Inclusion in this list does not necessarily reflect content endorsement by McMaster Children's Hospital or BC's Ministry of Children and Family Development. Your health care professional (i.e., physician, public health nurse, counsellor/therapist) is the best source of information about your child's health and concerns.