

Kids & Anxiety Forum: **Resources**

Kids' Books:

*The Highly Sensitive Child

https://www.amazon.com/The-Highly-Sensitive-Child-audiobook/dp/B01B8L68C8/ref=sr_1_1?dchild=1&keywords=highly+sensitive+child&qid=1631719028&sr=8-1

*The Highly Sensitive Person

https://www.amazon.com/The-Highly-Sensitive-Person-audiobook/dp/B001KW7O92/ref=sr_1_1?crid=H2CTU6YESCE2&dchild=1&keywords=the+highly+sensitive+person&qid=1631719075&sprex=the+highly+s%2Caps%2C250&sr=8-1

*If Feelings Take Over

https://www.amazon.com/Feelings-Take-Over-Danielle-Nichols/dp/1548826561/ref=sr_1_3?dchild=1&keywords=if+feelings+take+over&qid=1630097562&sr=8-3

*Don't Feed the WorryBug

https://www.amazon.com/gp/product/0979286077/ref=ppx_yo_dt_b_asin_title_o00_s00?ie=UTF8&psc=1

*Beautiful Oops

https://www.amazon.com/gp/product/076115728X/ref=ppx_yo_dt_b_asin_title_o00_s00?ie=UTF8&psc=1

When I Feel Like Giving Up

https://www.amazon.com/gp/product/B08X84J6YH/ref=ppx_yo_dt_b_asin_title_o00_s00?ie=UTF8&psc=1

What To Do When You Worry Too Much

https://www.amazon.com/dp/1591473144?psc=1&ref=ppx_yo2_dt_b_product_details

*The Way I Feel

https://www.amazon.com/Way-I-Feel-Janain-Cain/dp/1884734723/ref=sr_1_1?dchild=1&keywords=the+way+I+feel+janain&qid=1630097695&sr=8-1

YouTube video (Flight, Fight, Freeze):

https://www.youtube.com/watch?v=FfSbWc3O_5M

Instagram:

biglittlefeelings (or biglittlefeelings.com)– The focus is on toddlers and preschool age, but much of their content can be applied to all ages. They have great coaching on how to handle common issues like hitting, tantrums, building positive views and behavior around food/eating, prepping for things like doctor visits, getting a shot, going to a holiday gathering, etc.

copingskillsforkids – There are lots of great posts and she has developed her own books for helping children and also teens.

drbeckyatgoodinside – There are practical strategies for understanding and responding to all kinds of parenting issues, and personal adult issues, too.

mrchazz - Good content with a lot of energy! Geared to parents with children 0 -12 years.

Articles:

Christianity Today article – Why Are Our Children So Anxious?

<https://www.christianitytoday.com/ct/2017/january-web-only/parenting-in-age-of-anxiety-children-teens.html>

What to Do When Children Are Anxious (article from childmind.org)

<https://childmind.org/article/what-to-do-and-not-do-when-children-are-anxious/>

Signs and Symptoms

<https://kidshealth.org/en/parents/anxiety-disorders.html>

How to Help Anxious Kids Through This Next Phase of the Pandemic

https://www.huffpost.com/entry/how-to-help-anxious-kids-through-this-next-phase-of-the-pandemic_1_60bfa6dbe4b003865d536163?

Why Telling Upset Children You're Okay Never Works: <https://www.famly.co//blog/youre-okay-children-self-regulation>

How To Help A Child Struggling With

Anxiety: <https://www.npr.org/2019/10/23/772789491/how-to-help-a-child-struggling-with-anxiety>

Shifting the Dynamic of Sibling Rivalry:

https://ccy.jfcs.org/four-ways-to-shift-the-dynamic-of-sibling-rivalry/?gelid=CjwKCAjwhaaKBhBcEiwA8acsHArZ4f3WQRwjd90eeckTuKZ3UTm_DqPJInlGAt8glsA1gwDROmsMxoCo00QAvD_BwE