BOOKS TO READ WITH CHILDREN ABOUT ANXIETY & FEAR

**Junie B. Jones Has a Monster Under Her Bed (Junie B. Jones Series #8)**
Barbara Park, Denise Brunkus (Illustrator)

After hearing from a classmate at kindergarten that people have monsters under their beds, Junie B. Jones is afraid to go to sleep that night.

**There's a Nightmare in My Closet**
Mercer Mayer, Mercer Mayer (Illustrator)

A little boy anxiously awaits a nightmare he knows lives in his closet. When it finally appears, the little boy shoots it with his popgun. Looking more sheepish than terrifying, the nightmare starts to blubber, and the little boy realizes the nightmare isn't scary at all. He takes the nightmare by the hand and tucks it into bed. Silly and comforting, this is the perfect book to get rid of those bedtime bogeys.

**Sheila Rae, the Brave**
Kevin Henkes, Kevin Henkes (Illustrator)

Sheila Rae is not afraid of anything. She walks backwards with her eyes closed, steps on every crack, growls at stray dogs, and bares her teeth at stray cats. But when Sheila Rae becomes lost on the way home from school, it is her "scaredy cat" sister, Louise, who shows her a thing or two about bravery and sibling love.

**The Berenstain Bears And The Bad Dream**
Stan Berenstain Berenstain, Jan Berenstain, Jan Berenstain

After watching a scary movie, both Brother and Sister Bear are troubled by nightmares until Mama and Papa explain what causes bad dreams.

**Berenstain Bears in the Dark**
Stan Berenstain Berenstain, Jan Berenstain

After a scary bedtime story, Sister Bear is too frightened of the dark to shut her eyes. "Sound psychological advice and a night light help Sister conquer her fears. Children will empathize with Sister Bear in this well-written story."—School Library Journal.

**Wemberly Worried**
Kevin Henkes, Kevin Henkes (Illustrator)

Wemberly is a mouse who does one thing really well -- she worries. At the top of Wemberly's list of worries is starting school. She can't imagine all the things that could go wrong. Then she meets a new friend, Jewel. With her Jewel at her side, Wemberly knows that her new friendship is something she doesn't have to worry about. Join Wemberly as she learns an important lesson about growing up.

**When Fuzzy was Afraid of Losing His Mother**
Inger Maier & Jennifer Candon

A gently empowering book for children ages 3 to 7 about separation anxiety and coping with fear.
When Lizzy was Afraid of Trying New Things
Inger Maier, illustrated by Jennifer Candon

When Lizzy was Afraid of Trying New Things is the second book in a series for young children who are coping with various fears. Here, young Lizzy faces her anxieties and shyness and learns to develop some self-confidence in her abilities.

The Goodnight Caterpillar: the Ultimate Bedtime Story
Lori Lite

The Goodnight Caterpillar helps prepare children for a good night's sleep as they learn to slow down and relax their mind and body. (ages 3-10)

A Boy and a Turtle: the Child’s Visualization Book
Lori Lite

Both parent and child can easily learn this simple, fun visualization to manage stress, enhance healing and relaxation and overall well being. (ages 3-10) Also in this series: A Boy and a Bear: the Children’s Relaxation Book. $16.95 (ages 3-10) and The Affirmation Web: a Believe in Yourself Adventure. $13.95 (ages 5-11)

BOOKS FOR ADULTS ABOUT ANXIETY & FEAR

The Worried Child: Recognizing Anxiety in Children and Helping Them Heal
Paul Foxman

The Worried Child shows that anxiety is preventable - or can at least be minimized - by raising children's self-confidence and increasing social and self-control skills. Written for parents and anyone dealing with children, this guide provides detailed lists, skill exercises, sample dialogues and case studies and also covers the importance of adequate rest, sleep and exercise. Part I discusses normal anxiety, anxiety disorders, and the personality of anxious children. Part II addresses the role of parents, schools, and society in contributing to children's anxiety. Additional chapters discuss the impact of terrorism and war, and the media. Part III gives sources of help: psychotherapy, medication, and alternative and complementary therapies.

Seven Steps to Help Your Child Worry Less: a Family Guide
Sam Goldstein

Learn Effective Strategies to Help Your Child Communicate Worries Help Your Child Face Worries Develop a Plan with Your Child to Manage Worry, Fear, and Anxiety Learn Ways to Improve Your Child's Self-Esteem and Build Resilience

Listening to Fear: Helping Kids Cope, from Nightmares to the Nightly News
Steven Marans

"Adults often have trouble understanding and addressing the sources of their children's fears. In Listening to Fear, Dr. Steven Marans shares the techniques for easing distress that he has developed for children of all ages in his work as the director of the National Center for Children Exposed to Violence at Yale University. His advice is based on three steps parents must take before they can talk effectively with their children. First, adults must begin to work through their own fears. Second, parents need to set aside their ideas about what their children are feeling and learn from the children themselves. Third, Marans's
experience has shown that children and adolescents communicate their unease in actions more than in words, so adults must learn to interpret this behavioral language. Listening to Fear also offers specific, pragmatic tactics for actually speaking with kids; organized by age group and proven in Marans's research ... Listening to Fear is an indispensable guide for parents and for children anxious about an ever-threatening world."

**Keys to Parenting Your Anxious Child**  
Katharina Manassis M.D., F.R.C.P.(C)

Still the most-popular, accessible and comprehensive guide to the entire range of childhood anxieties, the specific problem behaviors associated with anxiety, and the appropriate strategies for supporting anxious children.