

Anxiety – Resources for Parents

Websites

AnxietyBC

www.anxietybc.com/

Provides information on anxiety disorders and how to support children with anxiety concerns, including self-help toolkits, videos, personal stories, and newsletters.

Canadian Paediatric Society: Caring for Kids

www.caringforkids.cps.ca/ | Click “Behaviour & Parenting” > “Taming the Monsters: Helping children deal with their fears”

Provides parents with information about their children’s health and well-being, including resources about how to help children deal with fears.

Children’s Mental Health Ontario

www.kidsmentalhealth.ca/ | Click “For Parents and Families” > “Signs & Disorders” > “Anxiety Disorders”

Provides information on children’s mental health, including information on anxiety disorders for parents. Multiple languages available.

Hands on Scotland

handsonscotland.co.uk/

A UK-based website providing information on child and youth well-being. The section on anxiety has video clips, case studies, and information on how to be helpful and what to avoid.

KidsHealth

kidshealth.org/parent/ | Search for “anxiety”

A US-based website providing general health and healthy living information for kids, teens and parents, including information on anxiety, causes, related issues, coping skills, and more.

McMaster University: Offord Centre for Child Studies: Centre of Knowledge on Healthy Child Development

knowledge.offordcentre.com/ | Click “Behaviour and Mental Health Problems” > “Anxiety”

Provides information for parents on child development and mental health, including information, articles, pamphlets, and suggested books and DVDs on anxiety disorders.

Books & Videos

The Anxiety Cure for Kids: A Guide for Parents (2003)

Elizabeth DuPont Spencer, Robert L. DuPont & Caroline M. DuPont | FSRC

Using kid-friendly concepts and real-life examples, this reassuring guide helps adults and children understand the powerful ways in which anxiety works and how to overcome its negative effects.

Freeing Your Child from Anxiety: Powerful, Practical Strategies to Overcome Your Child’s Fears, Phobias, and Worries (2004)

Tamar E. Chansky | FSRC

This book examines all manifestations of childhood fears, including social anxiety, tourette syndrome, hair-pulling, and obsessive compulsive disorder.

Helping Your Anxious Child: A Step-By-Step Guide for Parents (2000)

Ronald M. RaPeei | FSRC

This guide tackles the why, how, and what now of anxiety disorders. It describes strategies and techniques for managing a child’s worry while building confidence and self-control.

Anxiety – Resources for Parents (*continued*)

If Your Adolescent Has an Anxiety Disorder: An Essential Resource for Parents (2006)

Edna B. Foa & Linda Andrews

Knowing the right information about anxiety disorders is the first step towards helping adolescents who are dealing with them grow to become healthy, happy adults.

Separation Anxiety: A Parent's Guide to Helping Your Child (DVD) (2009)

AnxietyBC | FSRC

This DVD shows parents and caregivers how to recognize and manage separation anxiety using evidence-based cognitive-behavioural principles.

Taming Worry Dragons: A Manual for Children, Parents, and Other Coaches (2009)

Jane E. Garland et al. | FSRC

Explains what anxiety is and the different types of anxiety. Includes information about coping strategies, tips, and information on medications. Geared for children from 8-12 years old.

You and Your Anxious Child: Free Your Child from Fears and Worries and Create a Joyful Family Life (2013)

Anne Marie Albano

You and Your Anxious Child differentiates between separation anxiety, generalized anxiety, and social phobia, and guides parents on when and how to seek intervention.

Your Anxious Child: How Parents and Teachers Can Relieve Anxiety in Children (2000)

J. Dacey & I. Fiore | FSRC

This book offers strategies that teach children how to alleviate stress and manage anxiety. Each step includes field tested activities that are easy and fun to do.

FSRC: Family Support & Resource Centre at BC Children's Hospital. Books and videos can be borrowed at no charge from anywhere in the province, or purchased from the online bookstore.

Tel: 604-875-2345 ext. 5102 | Website: <https://libraries.phsa.ca/fsrc>

Support Services

FRIENDS for Life Program

A school- and home-based anxiety prevention program that aims to help children and teens cope with feelings of fear, worry, and depression by building resilience and self-esteem, and teaching cognitive and emotional skills.

- School-based program: http://www.mcf.gov.bc.ca/mental_health/friends.htm
- Home-based program (programs for ages 4-7 and 9-13): <http://www.friendsparentprogram.com/>

Kelty Mental Health Resource Centre Tel: 604-875-2084 | Toll-Free: 1-800-665-1822

keltymentalhealth.ca | keltycentre@cw.bc.ca | [youtube.com/user/KeltyMentalHealth](https://www.youtube.com/user/KeltyMentalHealth)

Offers information, resources, help with system navigation, and peer support to children, youth and families across BC dealing with mental health and substance use challenges. The Centre also provides resources and peer support to individuals of any age struggling with an eating disorder.

Kids Help Phone

Toll-Free: 1-800-668-6868 | <http://kidshelpphone.ca/>

Provides confidential, anonymous counselling online or over the phone. Website provides a space to share stories and connect with other youth, as well as a topic library about common concerns.