

Recommended readings for parents of children with anxiety concerns:

Foreman, S. (1993). Coping skills interventions for children and adolescents.
Good problem solving, great relaxation skills/training.

Finch, A. J., Nelson, W. M., Otto, E. (1993). Cognitive behavioral procedures with children and adolescents. [more diverse than anxiety]

Dacey, J. (2000). Your Anxious Child: How Parents and Teachers Can Relieve Anxiety in Children. (Brief but practical)

Kearney, C. A. & Albano, A. (2009). When Children Refuse School: A cognitive-behavioral therapy approach. Parent Workbook. Oxford University Press, USA.
Excellent parent workbook helping parents to understand how to intervene appropriately when children refuse/are reluctant to attend school due to anxiety concerns. It has some very practical approaches for parents, teachers and kids

March, J. S. (1995). Anxiety Disorders in Children and Adolescents. John March is head of the RUPP study, and is out of Duke University. He is a collaborator on the VP3 Friends Project, and a very approachable man. He is a psychiatrist.

Manassis, K. (1996). Keys to parenting your anxious child. NY: Barrons Education Series. *Very practical overview of anxiety concerns. Dr. Manassis is a child psychiatrist and the director of the anxiety disorders program at Toronto's Hospital for Sick Children.*

Rapee, R.M., Spence, S.H., Cobham, V., & Wignall, A. (2000). Helping your anxious child: A step-by-step guide for parents. Oakland, CA: New Harbinger
This book helps parents understand the most frequently experienced anxiety problems among children and provides instruction in how parents can help their children overcome their fears. The entire range of anxiety is covered including the small fears experienced by many children all the way to full blown anxiety disorders. Skills and strategies are covered in detail. The authors recommend that this book is used in conjunction with consultation with a qualified mental health professional to best apply this book to the individual needs of each child.

Strong, K.V. (1997). Anxiety, panic attacks and agoraphobia: Information for support people, family friends. Oakminster Publishing. To order this book please visit the website: www.pacificcoast.net/~kstrong/

Sorenson, E. S. (1993). Children's Stress and Coping: A Family Perspective
Provides a perspective on how children deal with stress and how parents and clinicians can teach them effective coping strategies.