



PARENT CONSULTATION | CHILD & ADOLESCENT THERAPY

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### **Additional Resources for Kids with Anxiety**

#### **Books for parents**

*Helping Your Anxious Child: A step-by-step guide for parents (Rapee et. al.)*

*If Your Adolescent Has an Anxiety Disorder: An essential resource for parents (Foa & Andrews)*

*Freeing Your Child From Anxiety: Powerful, practical solutions to overcome your child's fears, worries, and phobias (Chansky)*

*Overcoming School Anxiety: How to help your child deal with separation, tests, homework, bullies, math phobia, and other worries (Mayer)*

*Anxious Kids, Anxious Parents: 7 ways to stop the worry cycle and raise courageous and independent children (Wilson & Lyons)*

#### **Books for children:**

*You've Got Dragons (Cave & Maland)*

*What to Do When You Worry Too Much: A kid's guide to overcoming anxiety (Huebner & Matthews)*

*Is a Worry Worrying You? (Wolff & Savitz)*

*Wemberly Worried and Shelia Rae the Brave (Henkes)*

*The Shyness and Social Anxiety Workbook for Teens (Shannon)*

#### **Websites**

AACAP: Facts for families

[http://www.aacap.org/cs/root/facts\\_for\\_families/facts\\_for\\_families](http://www.aacap.org/cs/root/facts_for_families/facts_for_families)

Cope, Care, Deal: A mental health site for teens

<http://www.copecaredeal.org/Default.aspx>

Anxiety and Depression Association of America

<http://www.adaa.org/>

Worrywise Kids (from psychologist Tamar Chanksy)

<http://www.worrywisekids.org/>

Coping Cat Parents

<https://www.copingcatparents.com/>