

# Will the Kids Be Alright: Book List

## ANXIETY

### Fiction:

[Anxious Charlie to the rescue by Terry Milne](#)

(Fear of change, interruption in routine)

[The kissing hand / by Audrey Penn ; illustrations by Ruth E. Harper and Nancy M. Leak. –](#)

(First day of school, separation anxiety, mothers & sons)

[The panicosaurus : managing anxiety in children, including those with Asperger syndrome / written by K.I. Al-Ghani](#)

(Asperger's, Autism, Anxiety, calming techniques)

[The playground problem : a book about anxiety / written by Dr. Tracy Packiam Alloway](#)

(Anxiety, school)

[Violet shrink / Christine Baldacchino](#)

(Crowds, large groups, loud noise, introversion, social anxiety)

### Non-Fiction:

[12 tips for managing stress and anxiety / by Maddie Spalding](#)

(Tips for managing stress and anxiety in school-aged youth)

[All birds have anxiety / Kathy Hoopmann](#)

(Symptoms of anxiety disorder, impact on daily life)

[Beating anxiety : what young people on the autism spectrum need to know / Davida Hartman](#)

(Autism, calming techniques)

[Help! I've got an alarm bell going off in my head! : how panic, anxiety and stress affect your body / K.L. Aspden](#)

(Panic Attacks, Anxiety disorder, Autism)

[It's raining and I'm okay : a calming story to help children relax when they go out and about / Adele Devine](#)

(Autism, Calmness, Anxiety, unfamiliar surroundings, calming techniques, learning differences)

[Mindfulness for teen anxiety : a workbook for overcoming anxiety at home, at school, & everywhere else / Christopher Willard, PsyD](#)

(Panic attacks, chronic worry, isolation, mindfulness)



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## Non-Fiction, cont'd:

[The secure child : helping children feel safe and confident in a changing world / Stanley I. Greenspan.](#)  
(Stress, Self-esteem)

[Self-reg : how to help your child \(and you\) break the stress cycle and successfully engage with life / Stuart Shanker with Teresa Barker](#)  
(Stress, Self control)

[When my worries get too big! : a relaxation book for children who live with anxiety / written and illustrated by Kari Dunn Buron](#)  
(Anxiety, Autism, Social Skills, calming techniques)

## MENTAL HEALTH

### Non-Fiction:

[Be well! : a hero's guide to a healthy mind and body / Elsie Olson](#)  
(Healthy behavior, Mental health, wellness, healthy eating, exercise)

[Can I catch it like a cold? : coping with a parent's depression / presented by the Centre for Addiction and Mental Health](#)  
(Depression, parents, children of depressed person)

[Depression: a teen's guide to survive and thrive / Jacqueline B. Toner, PhD and Claire A.B. Freeland, Phd](#)  
(History, forms, treatment, mood)

[How to be assertive. Sticking up for yourself \[DVD\] / Wonderscape Entertainment](#)  
(Teens, Assertiveness)

[Parenting through the storm : how to handle the highs, the lows and everything in between / Ann Douglas](#)  
(Mental health)

## LEARNING

### Fiction:

[It's hard to be five : learning how to work my control panel / Jamie Lee Curtis](#)  
(Self control, growth,)

[Tessie tames her tongue : a book about learning when to talk and when to listen / Melissa Martin](#)  
(Etiquette, learning disruption, listening)

[This is my home, this is my school / Jonathan Bean](#)  
(Home schooling, education, families)

**Non-Fiction:**

[Listen and learn / Cheri J. Meiners](#)

(Listening, attention, social skills)

[Start smart : building brain power in the early years / Pam Schiller](#)

(Intellect, Learning, Ability)

[The survival guide for kids in special education \(and their parents\) : understanding what special ed is & how it can help you / Wendy L. Moss, Ph.D.](#)

(Learning disabled, alternative education)

[What can you do? : a book about discovering what you do well / by Shelley Rotner and Sheila Kelly](#)

(Learning styles, ability in children, Individuality)