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* by 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* by Kathy Hoopmann
(Symptoms of anxiety disorder, impact on daily life)

*Beating anxiety: what young people on the autism spectrum need to know* by 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* by 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* by 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* by Christopher Willard, PsyD
(Panic attacks, chronic worry, isolation, mindfulness)
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)