

Here's some suggested resources about:

ANXIETY

Books

1. Coping With Anxiety and Panic Attacks by Jordan Lee Rosen, Publishing Group; c2000 ISBN: 0823932028
2. Keys to Parenting Your Anxious Child by Katharina Manassis, Barrons Educational Series; c1996 ISBN: 0812096053
3. The Anxiety Cure for Kids : A Guide for Parents by E. D. Spencer, John Wiley & Sons; c2003 ISBN: 0471263613
4. Freeing Your Child from Anxiety : Powerful, Practical Solutions to Overcome Your Child's Fears, Worries, and Phobias by T. E. Chansky, Broadway Books; c2004 ISBN: 0767914929
5. Seven Steps to Help Your Child Worry Less: A Family Guide by Kristy Agar, Specialty Press; c2003 ISBN: 1886941467
6. The Worried Child: Recognizing Anxiety in Children and Helping Them Heal by Paul Foxman, Hunter House; c2004 ISBN: 0897934202
7. 7. Your Anxious Child: Raising a Healthy Child in a Frightening World by Mary Ann Shaw, Tapestry Press; c2003 ISBN: 193081917X
8. Helping your anxious child : a step-by-step guide for parents by Ronald Rapee, New Harbinger Publications, c2000 ISBN: 1572241918
9. Your Anxious Child: How Parents and Teachers Can Relieve Anxiety in Children by John S. Dacey, Jossey-Bass, c2001 ISBN: 0787960403

Websites

<http://www.aacap.org/publications/factsfam/anxious.htm>

<http://www.adaa.org/AnxietyDisorderInfor/ChildrenAdo.cfm>

<http://www.caringforkids.cps.ca/behaviour/fears.htm>