



Resource Pack for Parents of Children who worry too much

Books for Adults

- **Confident Teens: How to Raise a Positive, Confident and Happy Teenager-** Gael Lindenfield
A guide to helping teenagers and young adults stay confident and feel good about themselves.
- **Confident Children: Help children feel good about themselves** – Gael Lindenfield
- **‘The Promised Land for Children. How to Improve Children’s Confidence and their Self-esteem’** – Rick Norris.
- **‘Helping Children to Build Self-esteem’** – Deborah Plummer.
- **‘The Incredible Years’** – Carolyn Webster-Stratton.
A trouble shooting guide for parents of children aged 2-8 years.
- **‘Coping with an anxious or depressed child’** – Dr Sam Cartwright-Hatton.
This navigational tool gives guidance on what you can do to give your child the best chance of recovery, as well as offering insight into the often complicated system of mental healthcare.
- **‘The Theory and Practice of Anxiety Management’** – Dr Eddie McNamara.
- **‘Tackling Selective Mutism: A Guide for Professionals and Parents’** – Benita Rae Smith and Alice Sluckin.

Books for Older Children

- **‘What to do when you worry too much, A Kid's Guide to Overcoming Anxiety** – Dawn Huebner.
A book aimed at children aged 6 to 12 years with large illustrations and metaphors to explain worries with interactive exercises focussed on encouraging the child to overcome their worries.
- **‘What to do when you’re scared and worried: a guide for kids’** – James J. Crist.
No matter how small they may seem to adults, kids’ fears can be a massive problem for them. This book draws on the author’s years of experience of dealing with anxiety in children, providing reassurance and advice to help them manage their fears.
- **‘Think Good, Feel Good: a CBT Workbook for Young People’** – Paul Stallard.
Cognitive Behavioural Therapy – CBT – is an effective intervention for adults and young people with a range of disorders including anxiety and depression. This text comprises practical resources for professional working with young people.

Books for Young Children

- **‘My Friend Daniel Doesn’t Talk’** – Sharon Longo.

This story book is for children with severe shyness, social anxiety or selective mutism to help them to see that they can make friends. It is also a helpful tool for friends of children like Daniel to understand why these children are unable to talk in certain settings. For children from 4-8

- **‘Willy and the Wobbly House: A story for children who are anxious or obsessional.’** - Margot Sunderland and Nicky Armstrong.

Part of a set, this children’s book is written for young people who are trapped in anxiety. The story reveals to the child that he or she need not put up with feeling anxious and presents simple strategies for dealing with anxiety.

- **‘The Huge Bag of Worries’** – Virginia Ironside and Frank Rodgers.

Wherever Jenny goes her worries follow her – in a big blue bag! They are there when she is watching television, even when she goes swimming. Jenny decides they will have to go. But who can she get to help her? A compelling picture book which can be used as a spring board into what worries children today. For children from 6-13 years.

- **‘Have You Filled a Bucket Today? A Guide to Daily Happiness for Kids’** - Carol McCloud.

Through simple prose and vivid illustrations, this book encourages positive behaviour as children see how rewarding it is to express daily kindness, appreciation, and love. Bucket filling and dipping are effective metaphors for understanding the effects of our actions and words on the well being of others and ourselves.

Many of the above books are available in your local library. You can check availability at:

www.edinburgh.gov.uk/healthyreading.

Recommended Websites

<http://www.handsonscotland.co.uk/> - This website aims to help you make a difference to children and young people's lives. It gives practical information, tools and activities to respond helpfully to troubling behaviour and to help children and young people to flourish.

<http://www.stressandanxietyinteenagers.com> - A step by step guide to dealing with anxiety

<http://www.depressioninteenagers.com> - This website deals with the subject of depression in young people. It is intended that it be used as a resource to help users to recognise the symptoms associated with the condition as well as offering some suggestions about ways to combat these symptoms.

<http://www.moodjuice.scot.nhs.uk> - This site is designed to help you think about emotional problems and work towards solving them. Emotional problems are often the mind and body's way of saying that something needs to be changed in our life.

<http://enquire.org.uk> – Scottish advice service for additional support for learning. Page for young people and for adults.

<http://www.youngminds.org.uk> - A UK charity committed to improving the emotional wellbeing and mental health of children and young people.

<https://www.anxietyuk.org.uk/> – Provide advice for young people with anxiety. They also produce a booklet, a factsheet, a dvd and links to OCD guides.

<http://www.childline.org.uk> - Support and advice for young people on a range of issues including anxiety.

<http://youth.anxietybc.com/> - AnxietyBC Youth and young adults section. They work with experts to increase awareness, promote education and improve access to current, evidence based resources on anxiety. They have many free of charge, self-help, downloadable resources to support management of anxiety for youth and young adults, adults, new mothers, and children.

For support for parents of children with **Selective Mutism** write to: smutismgroup@gmail.com You can also ask to join the facebook group which is a closed group. Search for Scottish Selective Mutism Group (SSMG) on Facebook