

Parents Corner Topics: Worry/Anxiety

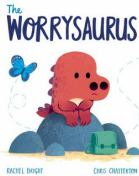


Aurora
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**P
BRIG, R**

The Worrysaurus Rachel Bright

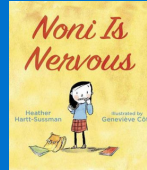
Reassuring text and lighthearted illustrations combine in the story of an anxiety-prone little dinosaur whose plans for a special picnic are complicated by fears about what could go wrong, before a little support from a loved one helps him find ways to soothe his butterflies.



**P
HART, H**

Noni is Nervous Heather Hartt-Sussman

Noni is nervous about playdates, and global warming, and most of all, about the first day of school. Her parents are worried too, and even her brother is a little wary. But Noni finds a friend, someone a little more outgoing than herself, and discovers that through friendship, she can belong and succeed in a world that once filled her with dread.



**P
HUNT, L**

What If, Pig? Linzie Hunter

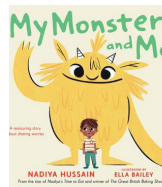
Pig is so incredibly kind and fabulously fun, but he also has a big secret—he's a tremendous worrier! When Pig gets the brilliant idea to throw a party for Mouse and their friends, he can't help but think of everything that could possibly go wrong. After all, what if a lion eats all the invitations? What if nobody comes? or worse, what if everyone comes and has an awful time?



**P
HUSS, N**

My Monster and Me Nadiya Hussain

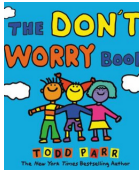
A touching story about a little boy whose worry monster follows him everywhere he goes. It's there when he gets dressed, when he wants to play with his toys, and even when his friends come over to visit. How can he escape his worries?



**P
PARR, T**

The Don't Worry Book Todd Parr

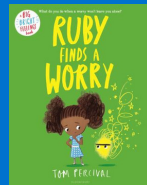
In his new book about things that might make kids worry—from loud news, to loud neighbors, or a big day at school—bestselling and beloved author Parr reassures kids who are feeling the weight of their world, offering solutions and comfort, as well as giggles.



**P
PERC, T**

Ruby Finds a Worry Tom Percival

A young girl's sense of adventure and exploration vanishes when she discovers a Worry that grows and grows until she learns how to get rid of it.



**J 152.4
LEWI, C**

All About Anxiety Carrie Lewis

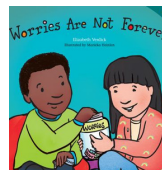
Readers will learn what's going on in their brain and central nervous system when they feel anxious. They'll learn about the evolutionary reasons for fear and anxiety and that anxiety isn't always a bad thing—except for when it is! Most importantly, kids will discover new strategies to manage their anxiety so they can live and thrive with anxiety.



**J 155.4
VERD, E**

Worries Are Not Forever Elizabeth Verdick

This book for preschool and primary children explains what worries are and how it feels to be worried. It assures children that everyone—even grown-ups—feel worried, and that they can learn to cope. Strategies include talking about worries, breathing deeply, and thinking good thoughts.



J
CONK, M



Every Missing Piece
Melanie Conklin

Ever since her father died in a terrible accident, Maddy Gaines has worried a lot. She calls the police so often that she's on a first-name basis with the Sheriff. When a new boy moves to town, Maddy is convinced that he's not who he says he is—he's a boy who went missing six months ago. Maddy, her dog, her best friend, and her stepdad team up to see what he's hiding.

J
DILL, M



Five Things About Ava Andrews
Margaret Dilloway

Ava Andrews has a Technicolor interior with a gray shell. What nobody knows is that Ava has invisible disabilities: anxiety and a heart condition. Ava hopes middle school will be a fresh start, but when Zelia moves and Ava's Nana Linda pushes her to speak up about social issues, she withdraws further. So Ava is shocked when her writing abilities impress her classmates and they invite her to join their improv group.

J
GEPH, D



In Your Shoes
Donna Gephart

Miles is an anxious boy who loves his family's bowling center. Amy is the new girl at school, who tries to write her way to her own happily-ever-after and does not want to live above her uncle's funeral home. Then Miles and Amy meet in the most unexpected way...and it is the beginning of everything.

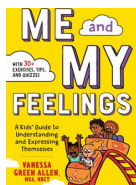
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SAVA, M



Karma Moon, Ghost Hunter
Melissa Savage

While in a haunted Colorado hotel for her father's ghost-hunting television series, Karma Moon must battle her anxiety, interpret the signs of the universe, and get footage of a real ghost—you know, the usual.

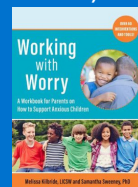
PT
155.4124
ALLE, V



Me and My Feelings: A Kids' Guide to Understanding and Expressing Themselves
Vanessa Allen Green

This book shows you how to stay in control by breathing deeply, saying positive things to yourself, talking about your feelings, and more. You'll learn to deal with all kind of feelings, including the hard ones like sadness, anxiety, or even fear.

PT 155.4
KILB, M



Working With Worry: A Workbook for Parents on How to Support Anxious Children

Melissa Kilbride & Samantha Sweeney
Working with Worry is designed to give parents practical tools they can use to support their children as they try to manage their anxiety in today's increasingly stressful world. It is a hands-on workbook that you can turn to for easy-to-understand information, recommendations, and support.

MORE BOOKS ABOUT WORRY/ANXIETY:

Willy and the Cloud | P Browne

Jack's Worry | P Zuppardi

Guts | JGN Telgemeier

The Worry (Less) Book: Feel Strong, Find Calm, and Tame

Your Anxiety! | PT 152.4 BRIAN

Stand Tall like a Mountain: Mindfulness and Self-Care for

Children and Parents | PT 158.1 READ