

# Parents Corner Topics: Worry/Anxiety

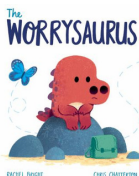


Aurora  
Public  
Library  
District

P  
BRIG, R

## The Worrysaurus Rachel Bright

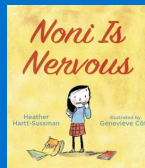
Reassuring text and lighthearted illustrations combine in the story of an anxiety-prone little dinosaur whose plans for a special picnic are complicated by fears about what could go wrong, before a little support from a loved one helps him find ways to soothe his butterflies.



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.



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HUNT, L

## What If, Pig? Linzie Hunter

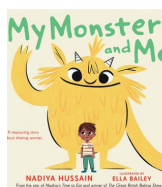
Pig is so incredibly kind and fabulously fun, but he also has a big secret—he's a tremendous worrier! When Pig gets the brilliant idea to throw a party for Mouse and their friends, he can't help but think of everything that could possibly go wrong. After all, what if a lion eats all the invitations?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



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HUSS, N

## My Monster and Me Nadiya Hussain

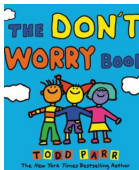
A touching story about a little boy whose worry monster follows him everywhere he goes. It's there when he gets dressed, when he wants to play with his toys, and even when his friends come over to visit. How can he escape his worries?



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PARR, T

## The Don't Worry Book Todd Parr

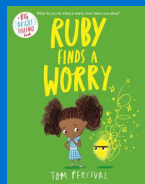
In his new book about things that might make kids worry—from loud news, to loud neighbors, or a big day at school—bestselling and beloved author Parr reassures kids who are feeling the weight of their world, offering solutions and comfort, as well as giggles.



P  
PERC, T

## Ruby Finds a Worry Tom Percival

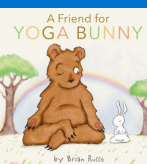
A young girl's sense of adventure and exploration vanishes when she discovers a Worry that grows and grows until she learns how to get rid of it.



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RUSS, B

## A Friend For Yoga Bunny Brian Russo

Running into Bear who is anxious about celebrating her birthday, Yoga Bunny shows her yoga poses, meditation warm-ups, and deep breathing exercises to help her enjoy her day.



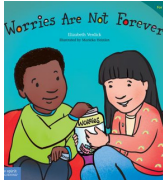
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LEWI, C

## 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  
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.

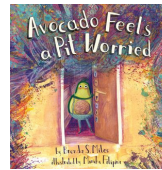
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SWAR, E



Dear Student  
Elly Swartz

A girl with social anxiety becomes the secret voice of the advice column in her middle school newspaper.

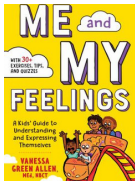
PT P  
MILE, B



Avocado Feels a Pit Worried  
Brenda Miles

Avi is an anxious avocado who worries about everything, but one day he discovers that the more he takes a chance and says yes new things the smaller his fears become.

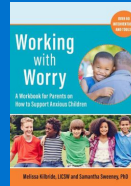
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ALLE, V



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:

Monster Meditation: Time for School, Rosita! | BB P

Willy and the Cloud | P Browne

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