### Parents Corner Topics:

**Worry/Anxiety**

<table>
<thead>
<tr>
<th>Book Title</th>
<th>Author(s)</th>
<th>Description</th>
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<tbody>
<tr>
<td>The Worrysaurus</td>
<td>Rachel Bright</td>
<td>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.</td>
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<tr>
<td>Willy and the Cloud</td>
<td>Anthony Browne</td>
<td>One warm, sunny day, Willy the Chimp decides to go to the park. There's not a cloud in the sky—well, except for just a little tiny one. It doesn't bother Willy too much at first. But as the cloud follows him, it grows bigger and bigger and becomes harder and harder to ignore. Pretty soon the cloud is all Willy can think about, and he has no idea how to make it go away.</td>
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<td>Noni is Nervous</td>
<td>Heather Hart-Sussman</td>
<td>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.</td>
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<tr>
<td>Anxious Charlie to the Rescue</td>
<td>Terry Milne</td>
<td>Charlie did everything the same, every day. He was afraid something bad would happen if he didn't. When an emergency disrupts his routine, Charlie discovers that sometimes change can lead to something wonderful.</td>
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<td>The Don't Worry Book</td>
<td>Todd Parr</td>
<td>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.</td>
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<tr>
<td>Ruby Finds a Worry</td>
<td>Tom Percival</td>
<td>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.</td>
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<td>All About Anxiety</td>
<td>Carrie Lewis</td>
<td>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.</td>
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<tr>
<td>Worries Are Not Forever</td>
<td>Elizabeth Verdick</td>
<td>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.</td>
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**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.

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**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.

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**Lights, Camera, Disaster**
Erin Dionne

Eighth-grader Hester Greene suffers from Attention-deficit hyperactivity disorder, plus anxiety, which is why she loves making movies where she is behind the camera and in complete control of the action—but if she cannot improve her language arts grade she will not be allowed to enter her video in The Hoot.

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**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 the most unexpected way ... and it is the beginning of everything.

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**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 kinds of feelings, including the hard ones like sadness, anxiety, or even fear.

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**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.

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MORE BOOKS ABOUT WORRY/ANXIETY:

- **Do Not Go in There!** I P Horn
- **Ready for Anything** I P Kasza
- **Jack's Worry** I P Zuppardi
- **Guts** I JGN Telgemeier
- **The Worry (Less) Book: Feel Strong, Find Calm, and Tame Your Anxiety!** I PT 152.4 BRIAN
- **Stand Tall like a Mountain: Mindfulness and Self-Care for Children and Parents** I PT 158.1 READ