Resources

Parenting Books

Building Resilience in Children and Teens: Giving Kids Roots and Wings by Kenneth R. Ginsburg MD, MS ED, FAAP with Martha M Jablow

Mindful Parenting: Simple and Powerful Solutions for Raising Creative, Engaged, Happy Kids in Today's Hectic World by Kristen Race PhD

Freeing Your Child from Anxiety: Practical Strategies to Overcome Fears, Worries and Phobias and be prepared for life-from toddlers to teens by Tamar Chanksy, PhD

Simplicity Parenting: Using the extraordinary power of less to raise calmer, happier and more secure kids by Kim John Payne, M.ED, with Lisa M Ross

The Worried Child: Recognizing Anxiety in Children and Helping them Heal by Paul Foxman, PhD

The Whole Brain Child by Daniel J. Siegel, MD and Tina Payne Bryson, Ph.D

The Art of Screen Time: How Your Family Can Balance Digital Media and Real Life by Anya Kamenetz

Anxious Kids, Anxious Parents by Reid Wilson, Ph.D., and Lynn Lyons, LICSW

Brainstorm: The power and purpose of the Teenage Brain by Daniel J Siegel, MD (helpful for teens as well as parents)

Books/workbooks for younger children

What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety (What-to-do Guides for Kids) by Dawn Huebner PhD

When my worries get too big: a relaxation book for children who live with anxiety by Kari Dunn Buron

I can handle it! By Laurie Wright

Listening to my body by Gabi Garcia

Wilma Jean the Worry Machine by Julia Cook

The Rabbit Listened by Cori Doerrfeld

Riley the Brave by Jessica Sinarski

Books for older children/teens

Playing with Anxiety: Casey's guide for teens and kids by Reid Wilson, Ph.D and Lynn Lyons, LICSW www.playingwithanxiety.com

Phone Apps

Mind Yeti: https://www.mindyeti.com/

MindShift: https://www.anxietycanada.com/resources/mindshift-app

Websites

http://www.worrywisekids.org/

https://childmind.org/

Therapy Search Tools

https://www.psychologytoday.com/us

http://www.portlandtherapycenter.com/

https://healthshare-bhplan-directory.com/ (OHP)