

Recursos

Libros sobre Crianza

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

Mindful Parenting: Simple and Powerful Solutions for Raising Creative, Engaged, Happy Kids in Today's Hectic World por 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 por Tamar Chanksy, PhD

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

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

The Whole Brain Child por 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 por Anya Kamenetz

Anxious Kids, Anxious Parents por Reid Wilson, Ph.D., y Lynn Lyons, LICSW

Brainstorm: The power and purpose of the Teenage Brain por Daniel J Siegel, MD (Ayuda a los niños al mismo tiempo que a los estudiantes)

Libros/libros de trabajo para niños pequeños

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

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

I can handle it! por Laurie Wright

Listening to my body por Gabi Garcia

Wilma Jean the Worry Machine por Julia Cook

The Rabbit Listened por Cori Doerrfeld

Riley the Brave por Jessica Sinarski

Libros para niños mayores/jóvenes

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

Aplicaciones de Teléfono

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

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

Sitios de la red

<http://www.worrywisekids.org/>

<https://childmind.org/>

Herramientas de búsqueda de terapia

<https://www.psychologytoday.com/us>

<http://www.portlandtherapycenter.com/>

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