

Recursos

Libros sobre Crianza

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 con 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., con Lynn Lyons, LICSW

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

Hey Warrior! por Karen Young (heysigmond.com)

What do you do with a problem? por Kobi Yamada

Libros para niños mayores/jóvenes

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

Brainstorm: The power and purpose of the Teenage Brain por Daniel J Siegel, MD

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/>

www.anxietycanada.com

Herramientas de búsqueda de terapia

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

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

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