

PEDIATRIC PROBLEMS IN A MODERN WORLD

Practical Tips for Primary Care Providers

Kids and Teens Struggling with Anxiety: Practical Ways to Help Your Patient

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BOOKS FOR "LITTLES"

- "What to do when you worry too much: A kid's guide to overcoming anxiety" – Huebner, Dawn (age 6-12)
- "What to do when you feel too shy: a kid's guide to overcoming social anxiety" - Freeland, Claire A. B; Toner, Jacqueline B; McDonnell, Janet (age 6-12)
- "Some bunny to talk to: a story about going to therapy" - Sterling, Cheryl (age 4-8)
- "Noni is nervous" - Hartt-Sussman, Heather (age 2-5)
- "Master of mindfulness: how to be your own superhero in times of stress" - Grossman, Laurie (age 5-12)
- "The kissing hand" – Penn, Audrey (age 3-7)
- "Up and down the worry hill: A children's book about obsessive-compulsive disorder and its treatment" – Wagner, Aureen Pinto (age 7-10)
- "All birds have anxiety" - Hoopmann, Kathy (age 6-10)
- "Wilma Jean the worry machine" - Cook, Julia (age 4-11)
- "Help Your Dragon Deal With Anxiety: Train Your Dragon To Overcome Anxiety" – Herman, Steve (age 3-7)
- "When I feel worried" - Spelman, Cornelia; Parkinson, Kathy (age 4-8)

BOOKS FOR TEENS

- "Outsmarting Worry: An Older Kid's Guide to Managing Anxiety" – Huebner, Dawn
- "The anxiety survival guide for teens: CBT skills to overcome fear, worry & panic" – Shannon, Jennifer
- "101 ways to conquer teen anxiety: simple tips, techniques and strategies for overcoming anxiety, worry and panic attacks" - McDonagh, Thomas and Patrick, John
- "A still quiet place for teens: a mindfulness workbook to ease stress and difficult emotions" - Saltzman, Amy
- "Mindfulness for teen anxiety: a workbook for overcoming anxiety at home, at school & everywhere else" - Willard, Christopher.
- "Conquer Negative Thinking For Teens: A Workbook To Break The Nine Thought Habits that are Holding you Back."- by Karapetian Alvord, Mary and McGrath, Anne.
- "The Anxiety Workbook for Teens: Activities to Help You Deal with anxiety and Worry"- Schab, Lisa M

BOOKS FOR PARENTS

- "Connected Parenting: How to Raise a Great Kid" - Kolari, Jennifer
- "Anxiety Relief for Kids: On the Spot Strategies to Help Your Child Overcome Worry, Panic and Avoidance" – Walker, Bridget
- "How to talk so kids will listen: and listen so kids can talk" - Faber, Adele and Mazlish, Elaine
- "Helping your anxious child: a step-by-step guide for parents" - Rapee, Ronald M
- "The mindful child: how to help your kid manage stress and become happier, kinder, and more compassionate" - Greenland, Susan Kaiser

APPS

- Mindshift CBT (Anxiety Canada): Uses Cognitive Behavioural Therapy (CBT) to help users learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of anxiety.
- HealthyMinds (Royal Ottawa Mental Health Centre): is a problem-solving tool for students to help deal with emotions and cope with stress.
- Calm: Uses mindfulness strategies to help users decrease stress and anxiety with guided meditations, Sleep Stories, breathing programs, stretching exercises, and relaxing music.
- Woebot: Guides users through practical techniques based on approaches such as Cognitive Behavioral Therapy (CBT), Mindfulness, and Dialectical Behavior Therapy (DBT).
- Headspace: Helps users learn to meditate and live mindfully with themed session, exercises and guided meditations.
- Breathe2Relax: Stress management tool which provides detailed information on the effects of stress on the body and instructions and practice exercises to help users learn diaphragmatic breathing
- Stop, Breathe, and Think Kids: Designed to help kids discover the superpowers of quiet, focus and more peaceful sleep. Kids can check in with how they are feeling and choose a "mission" to help create their own force field of calm. (Ages 5-10).
- Breathing Bubbles: Kids can release a worry by typing it into the bubble and watching it float away as they breath deeply with Manny the Manatee. Kids can receive a joy by typing it into the bubble and watching it float towards them as they breathe deeply with Manny. (ages 5+)
- Smiling Mind: Teaches mindfulness and meditation. (age 7-18)
- Breathe, Think, Do with Sesame: This is a resource app for parents to share with their children to help teach skills such as problem solving, self-control, planning, and task persistence. Children help a Sesame Street monster friend calm down and solve everyday challenges (age 2-5)