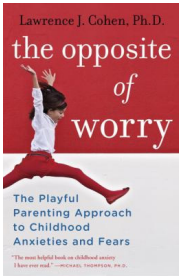




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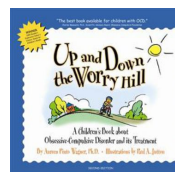
The Opposite of Worry: The Playful Parenting Approach to Childhood Anxieties and Fears
by Lawrence J. Cohen, PhD
Print: 155.41246 COHEN



Anxious Kids, Anxious Parents : 7 Ways to Stop the Worry Cycle and Raise Courageous & Independent Children
by Reid Wilson, PhD and Lynn Lyons, LICSW
Print: 155.41246 WILSON



Calming Your Anxious Child: Words to Say and Things to Do
by Kathleen Trainor, PsyD
Print: 618.928522 TRAINOR



Up and Down the Worry Hill: A Children's Book about Obsessive-Compulsive Disorder and its Treatment
by Aureen Pinto Wagner, PhD
Print: J618.9285227 WAGNER

For more titles, visit lakewoodpubliclibrary.org and search "anxiety children" in the catalog.

From the Connecting for Kids Resource Collection



Online Anxiety Concern Guide: Visit connectingforkids.org/anxiety for a complete guide to anxiety resources in our area, including organizations, educational resources, websites, previous Connecting for Kids speakers' podcasts and more.



Parent Match Program: CFK subscriber parents can connect with other parents who are on the same path to share questions, ideas and celebrate successes. To get started with a parent match, call 1-440-250-5563 or email info@connectingforkids.org or visit connectingforkids.org/programsparentmatch to learn more.



Facebook Support Groups: Ask questions and get answers and support from fellow CFK subscribers through our online support groups. To join, visit: connectingforkids.org/onlinesupport



Pinterest: With more than 1,200 pins, our growing Pinterest collection has numerous resources you can use. Check out our Anxiety Pinterest board (www.pinterest.com/connectforkids/anxiety) and don't forget to browse the rest of our collection for everything from education topics to parenting support.

Stock photography courtesy of FreeDigitalPhotos.net

Email: info@connectingforkids.org | **Phone:** 440-250-5563
Web: connectingforkids.org