

# Children with anxiety problems

## Other resources

The following resources have been compiled for parents, carers and school staff who may be seeking further information about children with anxiety. A range of resources have been included but the list is not exhaustive. Since materials have been selected to represent differing perspectives, inclusion of a particular item on the list should not be taken as endorsement by KidsMatter.

<b>General information</b>	<p><b>HealthInsite</b> contains links to a wide range of up-to-date and quality assessed information on important health topics. For material on anxiety in children see: <a href="http://www.healthinsite.gov.au/topics/Anxiety_in_Children">www.healthinsite.gov.au/topics/Anxiety_in_Children</a></p> <p><b>Macquarie University Anxiety Research Unit</b> provides practical and reliable information about anxiety disorders and evidence-based treatment programs. For information on anxiety in children see: <a href="http://www.psy.mq.edu.au/MUARU/child/child.htm">www.psy.mq.edu.au/MUARU/child/child.htm</a></p>
<b>Books for parents and carers</b>	<p><b><i>Fear free children.</i></b> Written by an Australian psychologist, this book discusses fear and anxiety in children, focusing on strategies and ideas parents and carers can use to help children overcome fears. By J. Hall. (2001). Sydney, NSW: Finch Publishing.</p> <p><b><i>Helping your anxious child: A step-by-step guide for parents.</i></b> This book provides strategies and ideas that parents and carers can use to help children deal with fears and anxieties. By R. M. Rapee, S. H. Spence, V. Cobham &amp; A. Wignall. (2000). Oakland, CA: New Harbinger Publications.</p> <p><b><i>Worried no more: Help and hope for anxious children (2nd Ed.)</i></b>. This book includes practical, step by step information for parents and carers on helping children with anxiety. By A. P. Wagner. (2005). Deerfield Beach, FL: Lighthouse Press.</p>
<b>Information in languages other than English</b>	<p><b>The Children's Hospital Westmead</b> provides fact sheets on various children's mental health and well being issues. Information on anxiety in children is available in languages other than English in written and audio formats from: <a href="http://www.chw.edu.au/healthykids">www.chw.edu.au/healthykids</a></p>
<b>Information for Children</b>	<p><b>KidsHealth</b>, a site provided by the South Australian Children, Youth and Women's Health Service, provides information for children (and their parents and carers) about anxiety. Available from: <a href="http://www.cyh.sa.gov.au/HealthTopics/HealthTopicDetailsKids.aspx?p=335&amp;np=285&amp;id=2224">www.cyh.sa.gov.au/HealthTopics/HealthTopicDetailsKids.aspx?p=335&amp;np=285&amp;id=2224</a></p> <p><b><i>What to do when you worry too much: A kid's guide to overcoming anxiety</i></b> is an interactive book for children that aims to help them work through anxiety. By D. Huebner &amp; B. Matthews. (2005). Washington, DC: Magination Press.</p>

<p><b>Information and resources for school staff</b></p>	<p><b>Rapee</b>, R. M. (2000). Let them play: Anxious children in the school. <i>Classroom</i>, 20(3),12-13. An article for teachers on recognising and helping anxious children in the classroom. Articles in Classroom magazine can be freely accessed through libraries that subscribe to the Australian Education Index database. They are also available to the public for purchase through EdResearchOnline <a href="http://www.acer.edu.au/library/edresearch.html">www.acer.edu.au/library/edresearch.html</a></p> <p><b>The Learning Place</b> Queensland Department of Education, Training and the Arts, provides suggestions for teachers on how to adapt classroom practices for children with anxiety problems. Available from: <a href="http://www.learningplace.com.au/deliver/content.asp?pid=34810">www.learningplace.com.au/deliver/content.asp?pid=34810</a></p> <p><b>Your anxious child: How parents, carers and teachers can relieve anxiety in children</b> presents a four-step program parents, carers and teachers can use to help children with anxiety. By J. S. Dacey, &amp; L. B. Fiore. (2000). San Francisco, CA: Jossey - Bass.</p>
<p><b>Research articles</b></p>	<p><b>Dadds</b>, M., Seinen, A., Roth, J. &amp; Harnett, P. (2000). Early intervention for anxiety disorders in children and adolescents. Vol. 2 in R. Kosky, A. O'Hanlon, G. Martin &amp; C. Davis (Series Eds.), <i>Clinical approaches to early intervention in child and adolescent mental health</i>. Adelaide: The Australian Early Intervention Network for Mental Health in Young People. Available from: <a href="http://www.auseinet.com/files/resources/auseinet/anxiety.pdf">www.auseinet.com/files/resources/auseinet/anxiety.pdf</a></p> <p>This article is a reference guide for mental health professionals that may also be useful for teachers, parents and carers. It provides in depth information on anxiety in children, including discussions on family and school based interventions.</p> <p><b>McLoone</b>, J., Hudson, J. L., &amp; Rapee, R. M. (2006). Treating Anxiety Disorders in a school setting. <i>Education and Treatment of Children</i>,29(2), 219-242. This article discusses the ways in which Anxiety Disorders affect children at school and reviews the implementation and benefits of three school-based treatment programs for Anxiety Disorders.</p>
<p><b>Support networks for children with Anxiety Disorders and their families</b></p>	<p><b>Anxiety Disorders Support and Information (ADSI)</b> is a program of the Mental Health Association NSW Inc. It provides information and support for people with anxiety problems, including information seminars and support groups for parents and carers of children with anxiety disorders. See: <a href="http://www.ada.mentalhealth.asn.au/semdet.html">www.ada.mentalhealth.asn.au/semdet.html</a> Ph: 1300 794 992</p> <p><b>Anxiety Recovery Centre Victoria</b> provides support, recovery, early intervention and educational services to people and families living with anxiety disorders in Victoria. See: <a href="http://www.arcvic.com.au">www.arcvic.com.au</a> Ph: (03) 9886 9377</p>

This resource is part of the KidsMatter Primary initiative. The team at KidsMatter welcomes your feedback at [www.kidsmatter.edu.au](http://www.kidsmatter.edu.au)