



# Books & Workbooks for Parents and Children

## CBT Books/Workbooks to Do With Parents (Ages 6-12)

*What to Do When You  
Grumble Too Much*

Dawn Huebner

*What to Do When You  
Worry Too Much*

Dawn Huebner

*What to Do When Your  
Temper Flares*

Dawn Huebner



**Scan to Explore  
These Books and  
Resources Online!**

## Children's Books (Pre-K to Grade 5)

*What Would Danny  
Do? series*

Adir Levy

*My Mouth is a Volcano*

Julia Cook

*The Worry Woos Books*

Adir Levy

*Meditation is an Open Sky*

Whitney Stewart  
(meditation and mindfulness)

*How Full is Your  
Bucket? (For Kids)*

Tom Rath & Mary Reckmeyer

*I Don't Like the Sound  
of the Word No*

Julia Cook

*Breathe Like a Bear*

Kira Willey  
(mindfulness book)

*The Entire Dragon Series*

Steve Herman

*Monster Meditation*

Sesame Street  
(books and YouTube videos)

*Today I am a Monster*

Agnes Green

*Sitting Still like a Frog*

Eline Snel  
(mindfulness) book)

*The Entire Ninja  
Life Hack Series*

Mary Nhin

**Free Spirit Publishing Books**  
(social emotional wellness  
and behavior topics)

## Books for Children/Adolescents

*When My Worries Get Too  
Big! A Relaxation Book  
for Children Who Live*

Kari Dunn Buron

*Wilma Jean the  
Worry Machine*

Julia Cook

*Outsmarting Worry:  
An Older Kids' Guide  
to managing Anxiety*

Dawn Huebner

*Wemberley Worried*

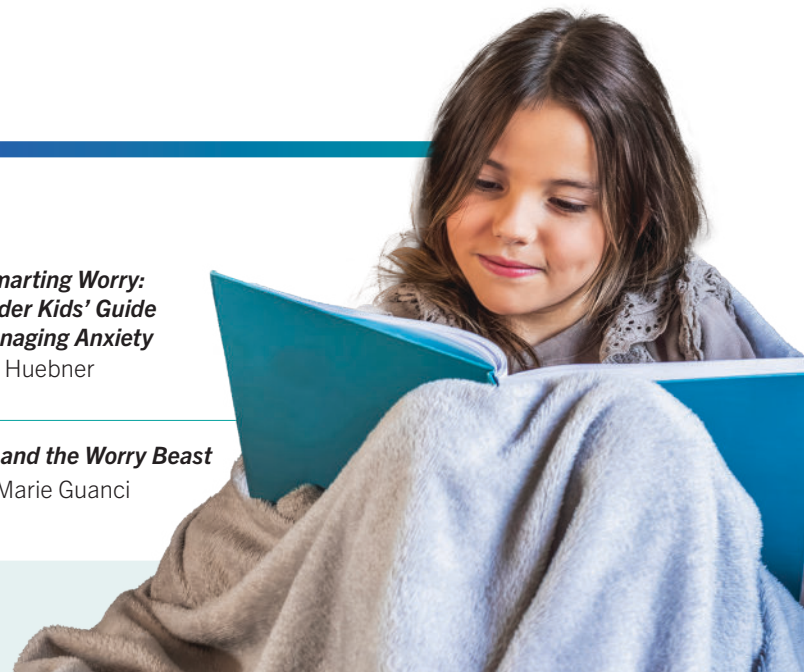
Kevin Henkes

*Hey Warrior!*

Karen Young

*David and the Worry Beast*

Anne Marie Guanci



## Teen Books

***Mindfulness for Teen Anger:***  
*A Workbook to Overcome Anger and Aggression Using MBSR and DBT Skills*

Mark C. Purcell MEd PsyD,  
Jason R Murphy MA

***The Anger Workbook for Teens:*** Activities to Help You Deal with Anger and Frustration

Raychelle Cassada Lohmann  
MS LPC, Julia V. Taylor MA

***I'm Not Bad, I'm Just Mad:*** A Workbook to Help Kids Control Their Anger

Anna Greenwald, Zack Pelta-Heller, Lawrence Shapiro PhD

***Anxiety Sucks! A Teen Survival Guide***

Natasha Daniels

***Don't Let Your Emotions Run Your Life for Teens:*** Dialectical Behavior Therapy Skills for Helping You Manage Mood Swings, Control Angry Outbursts, and ... with Others (*Instant Help Book for Teens*)

Sheri Van Dijk MSW

***Get Out of Your Mind and Into Your Life for Teens:*** A Guide to Living an Extraordinary Life (*Teen Instant Help*)

Joseph Ciarrochi, Louise Hayes, Ann Bailey

***The Stress Reduction Workbook for Teens:*** Mindfulness Skills to Help You Deal with Stress

Gina Biegel MA LMFT

***The Self-Esteem Workbook for Teens:*** Activities to Help You Build Confidence and Achieve Your Goals

Lisa M. Schab LCSW

***Stopping the Pain:*** A Workbook for Teens Who Cut and Self Injure

Lawrence Shapiro  
PhD (Paperback)

***The Worry Workbook for Teens:*** Effective CBT Strategies to Break the Cycle of Chronic Worry and Anxiety Paperback

Jamie A. Micco PhD

***The Anxiety Workbook for Teens:*** Activities to Help You Deal with Anxiety and Worry

Lisa M. Schab LCSW

***The Shyness and Social Anxiety Workbook for Teens:*** CBT and ACT Skills to Help You Build Social Confidence

Jennifer Shannon LMFT, Doug Shannon, Christine Padesk

***Mindfulness for Teen Anxiety:*** A Workbook for Overcoming Anxiety at Home, at School, and Everywhere Else (*Teen Instant Help*)

Christopher Willard PsyD

***Beyond the Blues:*** A Workbook to Help Teens Overcome Depression (*Teen Instant Help*)

Lisa M. Schab LCSW

***Taking Action:*** A Workbook for Overcoming Depression

Kevin Stark, Philip C. Kendall, Mary McCarthy

***The Bipolar Workbook for Teens:*** DBT Skills to Help You Control Mood Swings

Sheri Van Dijk, Karma Guindon

## Books for Parents

***Worried No More:*** Help and Hope for Anxious Children

Aureen P. Wagner

***Treating Childhood and Adolescent Anxiety:*** A Guide for Caregivers

Eli Lebowitz & Haim Omer

***Freeing Your Child from Anxiety***

Tamar E. Chansky, PhD

***CBT Toolbox for Children and Adolescents***

Lisa Phifer

***Helping your anxious child:*** A step by step guide for parents

Ronald Rapee & Ann Wignall

***The Huge Bag of Worries***

Virginia Ironside



## Books for Parents (Continued)

***Cognitive-Behavioral Therapy for Anxious Children: Therapist Manual, 3rd Edition***

Philip C. Kendall,  
Kristina A. Hedtke

***"The C.A.T. Project" Manual For The Cognitive Behavioral Treatment Of Anxious Adolescents***

Philip C. Kendall, Muniya Choudhury, Jennifer Hudson

***"The C.A.T. Project" Workbook For The Cognitive Behavioral Treatment Of Anxious Adolescents***

Philip C. Kendall, Muniya Choudhury, Alicia Webb, Hudson Jennifer

***Kids, Parents and Power Struggles*** (book on discipline)

Mary Sheedy Kurcinka

***Coping Cat Workbook, Second Edition***  
(Child Therapy Workbooks Series) 2nd Edition

Philip C. Kendall (Author),  
Kristina A. Hedtke (Author)

***The Coping Cat Parent Companion***  
Spiral-bound – April 6, 2010

Philip C. Kendall (Author),  
Ph.D. (Author), ABPP (Author), Jennifer L. Podell (Author), M.A. (Author), and Elizabeth A. Gosch (Author)

***Treating Depressed Children: Therapist Manual for 'Taking Action'***

Kevin Stark, Philip C. Kendall

***How to Talk So Kids Will Listen & Listen So Kids Will Talk***

Adele Faber, Elaine Mazlish

***The Explosive Child***

Dr. Ross Greene

***No More Meltdowns: Positive Strategies for Managing and Preventing Out-Of-Control Behavior***

Jed Baker

***What to Do When It's Not Fair: A Kid's Guide to Handling Envy and Jealousy (What-to-Do Guides for Kids)***

Jacqueline B. Toner

***What to Do When Bad Habits Take Hold: A Kid's Guide to Overcoming Nail Biting and More (What to Do Guides for Kids)***

Dawn Huebner

***Mom's House, Dad's House for Kids: Feeling at Home in One Home or Two***

Isolina Ricci Ph.D.

***Anxiety-Free Kids: An interactive Guide for Parents and Children***

Bonnie Zuckler

***Helping Your Anxious Child***

Ronald Rapee, et al

## Other Parent Resources:

- ✓ **Helping Executive Functioning in all Ages** – Harvard Developing Child
- ✓ **A Guide to Executive Function** – Harvard Developing Child
- ✓ **Flusterclux with Lynn Lyons: For Parents Who Worry** (Podcast addressing childhood anxiety)
- ✓ **Mt. Sinai Parenting Center** – Developmental videos and tips/tricks for parenting
- ✓ **Good Inside Podcast** – Dr. Becky Kennedy (psychologist)
- ✓ **Worry Wise Kids** – Offers resources for parents, educators, and professionals on understanding and managing childhood anxiety, including CBT-based strategies
- ✓ **SPACE** – Parent-Based Treatment Program for Childhood Anxiety
- ✓ **YouTube videos** – ex. Elmo series

## Tools, Apps, and Activities

Glitter Jars

## STAR Breathing Charts and Other Coping Tools

Coping Free Printables

Safe Breathing Icons – Free Printables

Anxiety & Insecurity – Free Printables/Worksheets

## Mindfulness Apps and Activities

Top Meditation iPhone & Android Apps

Mindfulness Activities for Children Kids

Resources for Teaching Mindfulness to Children