

Pediatric Resources

Books

- Freeing Your Child from Anxiety: Powerful, Practical Solutions to Overcome Your Child's Fears, Worries, and Phobias (Tamar Chansky)
- Worried No More: Help and Hope for Anxious Children (parents, with much on school refusal) (Aureen Wagner)
- What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety (6-12 yo) (Dawn Huebner)
- Outsmarting Worry: An Older Kid's Guide to Managing Anxiety (9-13 yo) (Dawn Huebner)
- Breaking Free of Childhood Anxiety and OCD (Eli Lebowitz)
- SOS: Help for Parents (Lynn Clark)
- No Bad Kids (Janet Lansbury)
- You mean I'm not Lazy, Stupid or Crazy?! (Kate Kelly)

Websites

- Learning, attention, dyslexia, dysgraphia & learning disabilities
 - www.understood.org/en (English) or <https://www.understood.org/es-mx> (Spanish)
- American Academy of Child & Adolescent Psychiatry
 - https://www.aacap.org/AACAP/Families_and_Youth/
- Symptom Identification & Screening Resources for Specific Learning Disabilities
 - ProjectTEACH rating scale library <https://projectteachny.org/rating-scales/>
 - Child Mind Institute Symptom Checker <https://childmind.org/symptomchecker/>
- Parent to Parent – Resources with local options for families of children who have special needs
<http://www.p2pusa.org>
- Behavior Issue ----- www.thinkkids.org
- Learning Disabilities Association of America ----- <https://ldaamerica.org/>
- Response to Intervention Action Network ----- <http://www.rtinetwork.org/>
- Anxiety in children & adolescents ----- www.worrywisekids.org
- ADHD website for adults, parents, educators & professionals ----- www.CHADD.org
- Online Therapy & Psychiatric Services ----- www.valerahelath.com
 - (ValeraHealth accepts MOST insurance – please verify that they accept your insurance)

Apps

- Smiling Minds <https://www.smilingmind.com.au/smiling-mind-app>
- Headspace <https://www.headspace.com>
- Calm (Kids) <https://www.calm.com/app/kids>
- Mindshift 12+ <https://www.anxietycanada.com/resources/mindshift-cbt/>
- My Anxiety Plan for Children and Teens <https://maps.anxietycanada.com/courses/anxiety-plan-children-teens/>
- Insight Timer <https://insighttimer.com>
- Stop, Breathe and Think <https://au.reachout.com/tools-and-apps/stop-breathe-and-think>

Relaxation

- BellyBio (10+)
- Mindful powers (up to 8)

Sleep hygiene

- CBT-I coach (12+)

CBT skills

- Whats up? (13+)
- CBT thought diary (12+)

Safety

- Notok

Coping

- 365 Gratitude (13+)
- Virtual Hopebox

SUICIDE PREVENTION LIFELINE

Dial 988 - 1-800-273-TALK (8255) - text HOME to 741741

Visit WWW.CRISISTEXTLINE.ORG - WWW.SUICIDEPREVENTIONLIFELINE.ORG