



# Anxiety-Free Kids: An Interactive Guide for Parents and Children

*Bonnie Zucker*

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About one in ten children nationwide meet the criteria for an anxiety disorder. Research has shown that if left untreated, children with anxiety disorders are at higher risk for performing poorly in school, having being less developed social skills, and to be more vulnerable to substance abuse.

This exciting solutions-oriented guide offers parents strategies that help children become happy and worry free, methods that relieve a child's excessive anxieties and phobias, and tools for fostering interaction and family-oriented solutions.

Using a unique two-books-in-one approach-a practical, reader-friendly book for parents and a fun workbook for kids-this book covers the six most commonly occurring anxiety disorders in childhood: generalized anxiety, separation anxiety, specific phobias, social phobias, panic disorder and obsessive-compulsive disorder. The author gives kids and their parents successful strategies for achieving relaxation, conquering worries, challenging faulty thinking patterns, developing self-talk and facing one's fears.

## **Anxiety-Free Kids: An Interactive Guide for Parents and Children Details**

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# From Reader Review Anxiety-Free Kids: An Interactive Guide for Parents and Children for online ebook

## Sean says

Excellent resource for parents of kids suffering from any sort of anxiety. Zucker presents some general information on anxiety, but focuses on the practical fairly quickly. She presents a step-by-step method for helping a child to overcome their anxiety through Cognitive Behavior Modification (change behaviors by changing thoughts). Even better than the very helpful process is a separate section of the book designed for kids to read on their own, along with exercises that the parent and child can do together at each stage. A must read for anyone who has a child (or children) suffering from anxiety.

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## AnandaTashie says

An accessible, good book that focuses on cognitive behavioral therapy to treat anxiety disorders in children. "If we change the way we think, we change the way we feel." There is a book for parents and one for kids; they both follow the same information, but the children's side is simplified. Each chapter guides the reader / user through CBT with information and activities.

Chapters cover (in other words, notes to myself :D) -

- Making a ladder with goals to face fears.
- Learning to relax the body through calm breathing, progressive muscle relaxation, and relaxing imagery.
- Conquering worries by understanding useful vs useless worry, asking "What is the worst thing that could happen?" and "Could I handle it?", getting big picture perspective ("At the end of your very, very long and very, very wonderful life, will it really matter if \_\_\_\_?"), scheduling worry time, using positive self-talk, talking back to anxiety, and dealing with anticipatory anxiety.
- Changing thoughts by looking at the situation, thought, thinking error, and then using a replacement thought. Cognitive distortions / thinking errors include catastrophizing, all-or-nothing, filtering, magnifying, shoulds, mind reading, overgeneralization, personalization, selective attention, & probability overestimation. "To replace her thoughts, your child must 'consider the facts' and ask herself, "What proof do I have that this thought is correct?""
- Changing behaviors that include reassurance seeking, clinging, crying, picking, fidgeting, freezing, tantrums / meltdowns, scanning environment (for signs to make them relaxed), & rituals. Reinforce "you against your fear" with encouragement that she can win.

Can use distraction techniques such as: "Your child can focus on something that she can see (e.g., a tree, book, sneakers) and try to think of five or more different parts of it or ways to describe it (e.g., What color is it? What shape is it? What does it smell like? What does it sound like? What does it feel like? What could you use it for?" And, "Pick a color and think of five things that come in that color."

Can alter nervous behaviors, after accomplishing some of the ladder goals, by helping child identify when

they are happening & monitoring it on a calendar to track when none are exhibited.

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### **Kris says**

Practical and helpful. I love that it is broken into parts for both parents and children. This book has some concrete tips and actions that really made a difference in helping my daughter's anxiety.

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### **Karla Archer says**

Not only has this this book been a huge help for me, the pull-out kids companion guide with activities has helped me engage my children and make them a part of this as well.

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### **Laura says**

Good resource for teachers and parents of children that deal with anxiety. I really liked the PMR and guided relaxation scripts as well as the interactive component for children if doing as a parent/child self-study.

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### **Amanda says**

My pediatrician recommended this after I spoke to her about my son's anxious behavior. Doing the cbt steps outlined has completely changed my outlook in dealing with him and also my own lifelong anxiety. He hasn't finished the program, but the way we handle and speak about his fears is creating a more resilient child. A few days ago, he told me something scared him, but he was doing it anyway because he wouldn't let fear be the boss of him. That's a new kid!

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