

Dealing with the worries

(Books about Anxiety)



Worries are Not Forever

by Elizabeth Verdick (Board Book + E VER)

Love

by Corrinne Averiss (E AVE)

Captain Starfish

by Davina Bell (E BEL)

Mae's First Day of School

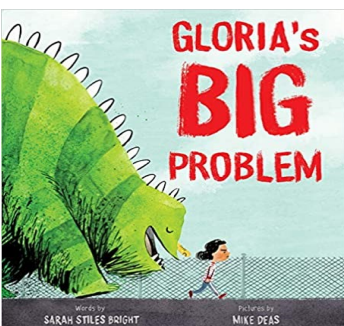
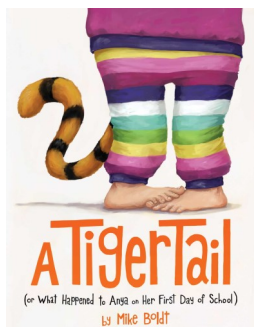
by Kate Berube (E BER)

I'm Worried

by Michael Ian Black (E BLA)

A Tiger Tale: (or What Happened to Anya on Her First Day of School)

by Mike Boldt (E BOL)



Wade's Wiggly Antlers

by Louise Bradford (E BRA)

Worrysaurus

by Rachel Bright (E BRI)

Gloria's Big Problem

by Sarah Stiles Bright (E BRI)

Willy and the Cloud

by Anthony Browne (E BRO)

Silly Billy

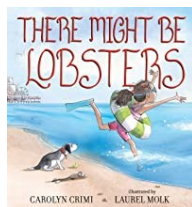
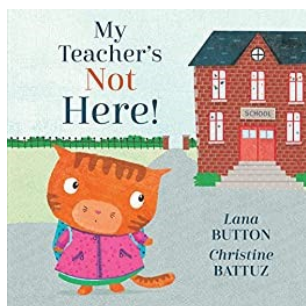
by Anthony Browne (E BRO)

Daddy Long Legs

by Nadine Brun-Cosme (E BRU)

My Teacher's Not Here!

by Lana Button (E BUT)

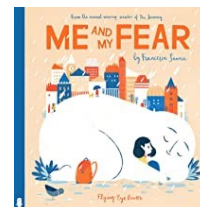


Lena's Shoes are Nervous: A First-Day-of-School Dilemma
by Keith Calabrese (E CAL)



I am a Peaceful Goldfish

by Shochana Chaim (E CHA)

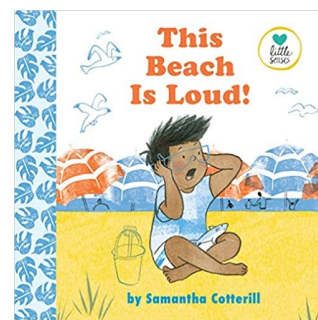


Jabari Jumps

by Gaia Cornwall (E COR)

This Beach is Loud!

by Samantha Cotterill (E COT)



There Might be Lobsters

by Carolyn Crimi (E CRI)

Llama Llama Misses Mama

by Anna Dewdney (E DEW)

When Sadness Is at Your Door

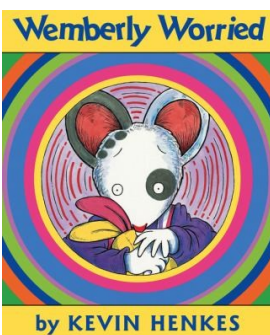
by Eva Eland (E ELA)

Ben and the Scaredy-Dog

by Sarah Ellis (E ELL)

Are You Mad at Me?

by Tyler Feder (E FED)



Ten Beautiful Things

by Molly Griffin (E GRI)

Noni is Nervous

by Heather Hartt-Sussman (E HAR)

Wemberly Worried

by Kevin Henkes (E HEN)

What If, Pig?

by Linzie Hunter (E HUN)

My Monster and Me

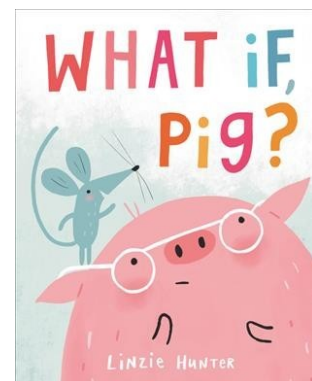
by Nadiya Hussain (E HUS)

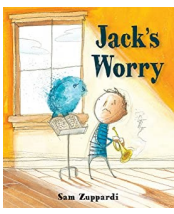
My Big Bad Monster

by A.N. Kang (E KAN)

Bear With Me

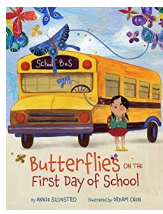
by Kerascoët (E KER)





The Whatifs

by Emily Kilgore (E KIL)



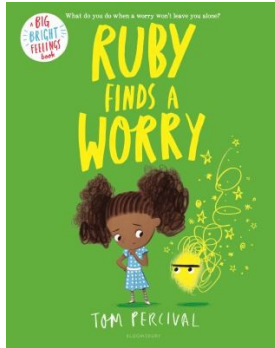
An Unexpected Thing

by Ashling Lindsay (E LIN)



The Little Book of Big What-ifs

by Renata Liwska (E LIW)



Olivia Wrapped in Vines

by Maude Nepveu-Villeneuve (E NEP)

What Do You Do With a Problem?

by Kobi Yamada (E YAM)

Saturday Is Swimming Day

by Hyewon Yum (E YUM)

Jack's Worry

by Sam Zuppardi (E ZUP)

Mama Don't Go!

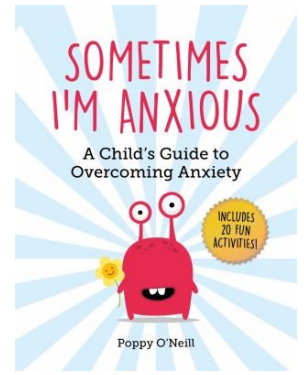
by Rosemary Wells (ER WEL)

All About Anxiety

by Carrie Lewis (J152.46 LEW)

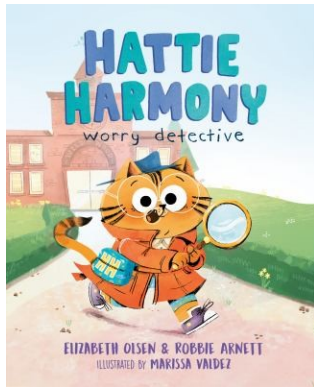
Worries

by Paul Christelis (J155.4 CHR)



Sometimes I'm Anxious: a Child's Guide to Overcoming Anxiety

by Poppy O'Neil (J155.4 ONE)



Hattie Harmony series

by Elizabeth Olsen (E OLS)

The Don't Worry Book

by Todd Parr (E PAR)

The Kissing Hand

by Audrey Penn (E PEN)

Ruby Finds a Worry

by Tom Percival (E PER)

Parent books to help your child's anxiety

(These books are found in the Adult Non-Fiction Section)

The Girl Who Never Made Mistakes

by Mark Pett (E PET)

Working With Worry: A Workbook for Parents on How to Support Anxious Children

by Melissa Kilbride (PSYCHOLOGY 155.4142 KIL)

First Grade Jitters

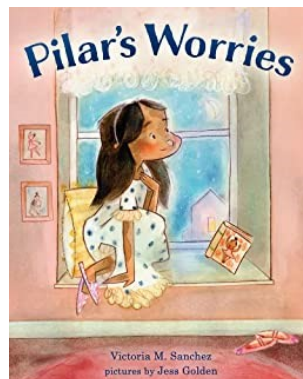
by Robert Quackenbush (E QUA)

Under Pressure: Confronting the Epidemic of Stress and Anxiety in Girls

by Lisa Damour (RELATIONSHIPS 155.533 DAM)

Me and My Fear

by Francesca Sanna (E SAN)



Pilar's Worries

by Victoria Sanchez (E SAN)

Calming Your Anxious Child: Words to Say and Things to Do

by Kathleen Trainor (RELATIONSHIPS 618.92 TRA)

Walter Was Worried

by Laura Vaccaro Seeger (E SEE)

Your Anxious Child: How Parents and Teachers can Relieve Anxiety in Children

by John S. Dacey (RELATIONSHIPS 649.1 DAV)

I Used to Be Afraid

by Laura Vaccaro Seeger (E SEE)

The Scaffold Effect: Raising Resilient, Self-Reliant, and Secure Kids in an Age of Anxiety

by Harold Koplewicz (RELATIONSHIPS 649.1 KOP)

What If...?: Answers to Calm First-Day-of-School Jitters

by Sesame Street (E SES)

How to Parent Your Anxious Toddler

By Natasha Daniels (RELATIONSHIPS 649.123 DAN)

Butterflies on the First Day of School

by Annie Silvestro (E SIL)

I'll Always Come Back to You

by Carmen Tafolla (E TAF)