



Parents Worry

Alex Russell, Tim Falconer



Parents Worry:

Anxious Kids, Anxious Parents Lynn Lyons, Reid Wilson, 2013-09-03 With anxiety at epidemic levels among our children Anxious Kids Anxious Parents offers a contrarian yet effective approach to help children and teens push through their fears worries and phobias to ultimately become more resilient independent and happy How do you manage a child who gets stomachaches every school morning who refuses after school activities or who is trapped in the bathroom with compulsive washing Children like these put a palpable strain on frustrated helpless parents and teachers And there is no escaping the problem One in every five kids suffers from a diagnosable anxiety disorder Unfortunately when parents or professionals offer help in traditional ways they unknowingly reinforce a child's worry and avoidance From their success with hundreds of organizations schools and families Reid Wilson PhD and Lynn Lyons LICSW share their unconventional approach of stepping into uncertainty in a way that is currently unfamiliar but infinitely successful Using current research and contemporary examples the book exposes the most common anxiety enhancing patterns including reassurance accommodation avoidance and poor problem solving and offers a concrete plan with 7 key principles that foster change And since new research reveals how anxious parents typically make for anxious children the book offers exercises and techniques to change both the children's and the parental patterns of thinking and behaving This book challenges our basic instincts about how to help fearful kids and will serve as the antidote for an anxious nation of kids and their parents **Breaking Free of Child Anxiety and OCD** Eli R. Lebowitz, 2021 Anxiety disorders and OCD are the most common mental health problems of childhood and adolescence This book provides a complete step by step program for parents looking to alleviate their children's anxiety by changing the way they themselves respond to their children's symptoms **You and Your Anxious Child** Anne Marie Albano, Leslie Pepper, 2013-04-02 One of the world's foremost experts on anxiety in children provides a guide to recognizing and alleviating a range of debilitating fears Anxiety affects more children and teens than any other psychiatric illness but it's also the most treatable emotional disorder Some 25 percent of children and adolescents will suffer an anxiety disorder at several points in their lifetime resulting in serious problems in their ability to function in school with peers and on a general day to day basis A renowned researcher and clinician who has developed groundbreaking proven coping strategies illuminates a new path to fear free living for families You and Your Anxious Child differentiates between separation anxiety generalized anxiety and social phobia and guides parents on when and how to seek intervention With moving case studies such as Jon's whose mother quit her job because his separation anxiety compelled her to stay with him full time this book elucidates the nightmare that families can be living and helps them understand that they are not alone Every step of the way Albano illustrates proven therapies to manage anxiety issues in children while addressing the emotional needs of parents too You and Your Anxious Child brings much needed hope to families helping them shape a positive new vision of the future **The Worry-Free Parent** Sissy Goff, 2023-08-22 Worry is contagious but you can stop its spread Anxiety has an amazing ability to spread Time

and time again when veteran counselor and parenting expert Sissy Goff has an anxious child or teen in her office she's found they have at least one very well intentioned but anxious parent Anxiety is contagious and it's likely affecting your kids distracting you in the present and making you feel like it will define your family's future It doesn't have to be this way With over 30 years of experience helping both children and adults Sissy offers you practical well researched tools that will make a difference in your life and the lives of your children Learn how to uncover the roots of your own anxiety process anxiety in healthy ways rather than passing it on model bravery discover a place of deeper freer connection to your kids Here is the help you need to experience freedom from anxiety raise confident courageous kids and become a worry free family in an increasingly anxious world Also available The Worry Free Parent Workbook a companion resource that provides clinically proven exercises to help you pinpoint the best anxiety fighting tools for you and your family

The Opposite of Worry
Lawrence J. Cohen, Ph.D., 2013-09-10 The most helpful book on childhood anxiety I have ever read Michael Thompson Ph D Whether it's the monster in the closet or the fear that arises from new social situations school or sports anxiety can be especially challenging and maddening for children And since anxiety has a mind of its own logic and reassurance often fail leaving parents increasingly frustrated about how to help Now Lawrence J Cohen Ph D the author of Playful Parenting provides a special set of tools to handle childhood anxiety Offering simple effective strategies that build connection through fun play and empathy Dr Cohen helps parents start from a place of warmth compassion and understanding teach children the basics of the body's security system alert alarm assessment and all clear promote tolerance of uncertainty and discomfort by finding the balance between outright avoidance and white knuckling through a fear find lighthearted ways to release tension in the moment labeling stressful emotions on a child friendly scale tackle their own anxieties so they can stay calm when a child is distressed bring children out of their anxious thoughts and into their bodies by using relaxation breathing writing drawing and playful roughhousing With this insightful resource of easy to implement solutions and strategies you and your child can experience the opposite of worry anxiety and fear and embrace connection trust and joy Praise for The Opposite of Worry The Opposite of Worry is an informative resource for parents and other family members The book is easy to read comprehensive and notable for its many practical suggestions New England Psychologist Good advice for parents making daily calls to the pediatrician Anxiety is a full body sport and Cohen's main advice is not to treat it with words but with actions Physicality is about living in the present and for anxious people the present is a powerful place of healing Intended for parents of children ages 3 to 15 this book offers anecdotes and fun anti anxiety games Publishers Weekly Here's the help parents of anxious children have been looking for Dr Cohen's genius is in the warm and generous spirit of the strategies he outlines for parents He grounds his playful approach in a sound explanation of how anxiety affects children and how they heal Parents will come away with plenty of ideas to help them develop their children's confidence While reading I found myself thinking I'd like to try that for myself Patty Wipfler founder and program director Hand in Hand Parenting If you want

to understand your child's anxiety and your own parental worries you must read Larry Cohen's brilliant book *The Opposite of Worry*. Dr. Cohen is one of the most imaginative and thoughtful psychologists you will ever encounter. He explains how and why children become anxious and then shows how we can use empathy and play to help them escape from the terrifying dark corners of childhood. Michael Thompson, Ph.D., *The Opposite of Worry* offers a treasure trove of ideas to help children feel confident and secure. Lawrence Cohen has written a book that will help every parent of an anxious child. Aletha Solter, Ph.D., founder of Aware Parenting and author of *Attachment Play*. **Parenting Without Fear** Paul J. Donahue, 2007-08-07 A parenting guide that focuses on overcoming common fears in order to become a better caregiver including being fearful of letting go, taking charge, unstructured time, not doing enough, slowing down, and falling behind. *Anxious Kids, Anxious Parents* Lynn Lyons, Reid Wilson, 2013-09-03 With anxiety at epidemic levels among our children, *Anxious Kids, Anxious Parents* offers a contrarian yet effective approach to help children and teens push through their fears, worries, and phobias to ultimately become more resilient, independent, and happy. How do you manage a child who gets stomachaches every school morning, who refuses after school activities, or who is trapped in the bathroom with compulsive washing? Children like these put a palpable strain on frustrated, helpless parents and teachers. And there is no escaping the problem. One in every five kids suffers from a diagnosable anxiety disorder. Unfortunately, when parents or professionals offer help in traditional ways, they unknowingly reinforce a child's worry and avoidance. From their success with hundreds of organizations, schools, and families, Reid Wilson, Ph.D., and Lynn Lyons, LICSW, share their unconventional approach of stepping into uncertainty in a way that is currently unfamiliar but infinitely successful. Using current research and contemporary examples, the book exposes the most common anxiety-enhancing patterns, including reassurance, accommodation, avoidance, and poor problem solving, and offers a concrete plan with 7 key principles that foster change. And since new research reveals how anxious parents typically make for anxious children, the book offers exercises and techniques to change both the children's and the parental patterns of thinking and behaving. This book challenges our basic instincts about how to help fearful kids and will serve as the antidote for an anxious nation of kids and their parents. **The Worry Workbook for Kids** Muniya S. Khanna, Deborah Roth Ledley, 2018-06-01 Bring fun and adventure back into your child's life. In *The Worry Workbook for Kids*, two respected psychologists offer fun, action-based activities grounded in cognitive behavioral therapy (CBT) to help your child move past fears of uncertainty, set and accomplish goals, and most importantly, enjoy being a kid. Today's kids face intense pressures at school, with friends, and in life. But one of the most prevalent causes of worry in children is the fear of the unknown. Whether they are starting at a new school, trying out for a new sport, or going to a sleepover, for many kids, it can be difficult moving from "What if?" to "Why not?" and trying new things. Sound familiar? Written for children ages seven to twelve, this engaging workbook offers evidence-based cognitive behavioral therapy (CBT) tools to help kids embrace uncertainty and actually change their thoughts and behaviors by taking action, which will help bring adventure, fun, and freedom back into their lives. The

practices in this workbook can be used anytime anyplace to help kids put a stop to worry before worry takes over Childhood is a precious time that goes by so quickly and chronic worrying can take a hefty toll both mentally and physically Teaching kids how to deal with stress early will set them up for a lifetime of happiness and success This workbook can help you do just that

Parenting Your Anxious Child with Mindfulness and Acceptance Christopher McCurry,2009-03-03 We live in a chaotic and often unpredictable world so it s only natural for you and your child to have anxieties But seeing your child cry cling to you or even use aggression to avoid his or her own fears and worries may cause you to worry even more trapping both of you in a cycle of anxiety and fear You can interrupt this cycle with the proven effective mindfulness and acceptance skills taught in this book Drawn from acceptance and commitment therapy Parenting Your Anxious Child with Mindfulness and Acceptance offers a new way to think about your child s anxiety as well as a set of techniques used by child psychologists to help children as young as four let go of anxious feelings and focus instead on relationships with friends learning new things in school and having fun You ll learn these techniques use them when you feel anxious and teach them to your child With practice you both will let go of anxious feelings and your child will find the confidence to enjoy being a kid

Drop the Worry Ball Alex Russell,Tim Falconer,2012-04-02 How to avoid being a helicopter parent and raise well adjusted truly independent children In an age of entitlement where most kids think they deserve the best of everything most parents are afraid of failing their children Not only are they all too willing to provide every material comfort they ve also become overly involved in their children s lives becoming meddlesome managers rather than sympathetic advocates In Drop the Worry Ball authors Alex Russell and Tim Falconer offer a refreshing approach to raising well adjusted children who are also independent and unafraid to make mistakes In this practical sensible book parents will truly understand the dynamics between parents and their children especially the tendency of children to recruit their parents to do too much for them The book also counsels that failing whether it s a test a course or a tryout for a team is a natural part of growing up and not a sign of parental incompetence Shows how to resist the pressure to become over involved in your child s life How to retire as a gatekeeper or manager of your child s life and become a genuine source of support Build trusting relationships with teachers coaches camp counselors and other authority figures so they can play an effective role in your child s life Understand problems such as ADHD anxiety and substance abuse A guidebook for parenting courageously and responsibly allowing your kids to be who they are while building structures that keep them safe Drop the Worry Ball is a must for any parent who wishes to be and do their very best

What to Do When You Worry Too Much Dawn Huebner,2024-08 Second edition guides children and parents through the cognitive behavioral techniques most often used in the treatment of anxiety

Outsmarting Worry Dawn Huebner,2017-10-19 This easy to follow illustrated book from a best selling author presents strategies for 9 13 year olds with anxiety It teaches them about and normalizes their symptoms and provides a set of concrete steps to overcome them The tried and tested techniques are based on the most up to date psychological treatments of anxiety including CBT

and ACT The Paranoid Parents Guide Christie Barnes, 2010-09-01 What Did You Worry About Today Chances Are You Didn't Need to Paranoid Parents take heart You're not alone in your sleepless nights When surveyed by Paranoid Parents founder Christie Barnes 75 percent of moms and dads said they worried about everything when it came to their kids Things like Is this really the right school Will she get kidnapped at the mall Are those car seats safe Will he be bullied at camp Is that splinter infected Does he really have ADD or is he just hyper Is she experimenting with drugs In our fear based culture that makes us over buy over protect and over parent in an effort to keep our kids safe Christie Barnes knows the truth Most parents are wasting their time worrying about the wrong things From years of research Barnes will give parents a much needed reality check opening their eyes to the real dangers likely to befall their kids with simple effective tips to prevent them from happening She will help paranoid parents to come clean about their biggest fears reveal the Top Ten real dangers as opposed to the Myth Makers and offer realistic ways to safeguard kids at every stage without stealing their childhoods By rallying against our biggest fears with the facts the Paranoid Parents Guide will help moms and dads enjoy parenthood more and allow their kids develop the resiliency independence and good decision making skills that are essential yet lacking in today's society So stop worrying about a shark attack because your child is more likely to be injured by a shopping cart Think that ice hockey is more dangerous than cheering Think again Is there ever an age when your kids are safer The answer is yes Are strangers the real enemy Actually no How dangerous is the world we live in As Barnes will prove it's easier to enjoy your time with your children when you are prepared not paranoid Not to Worry (h) ,2003 **When My Worries Get Too Big!** ,2006 Presents ways for young children with anxiety to recognize when they are losing control and constructive ways to deal with it *The Highly Sensitive Parent* Elaine N. Aron, 2020-03-31 First she taught you the value of your highly sensitive nature in her bestselling classic *The Highly Sensitive Person* Now Dr Elaine Aron is back to teach you how to utilize your sensitivity to tackle a new challenge Parenthood Parenting is the most valuable and rewarding job in the world and also one of the most challenging This is especially true for highly sensitive people Highly sensitive parents are unusually attuned to their children They think deeply about every issue affecting their kids and have strong emotions both positive and negative in response For highly sensitive people parenting offers unique stresses but the good news is that sensitivity can also be a parent's most valuable asset leading to increased personal joy and a closer happier relationship with their child Dr Elaine Aron world renowned author of the classic *The Highly Sensitive Person* and other bestselling books on the trait of high sensitivity has written an indispensable guide for these parents Drawing on extensive research and her own experience she helps highly sensitive parents identify and address the implications of their heightened sensitivity offering A self examination test to help parents identify their level of sensitivity Tools to cope with overstimulation Advice on dealing with the negative feelings that can surround parenting Ways to manage the increased social stimulation and interaction that comes with having a child Techniques to deal with shyness around other parents Insight into the five big problems that face highly sensitive

parents in relationships and how to work through them Highly sensitive people have the potential to be not just good parents but great ones Practical yet warm and positive this groundbreaking guide will show parents how to build confidence awareness and essential coping skills so that they and their child can thrive on every stage of the parenting journey This book is filled with validating healing and empowering information about how to navigate one of the most important roles of our lives while being highly sensitive It changed my life in the most healing and empowering ways Alanis Morissette artist activist teacher

The Self-Aware Parent Fran Walfish,2010-12-07 A healthy relationship based on mutual trust is every parent s wish The bond between infant and parent is a natural phenomenon but as children reach their preteens and form their own personalities fireworks between the child and parent can ensue Drawing on 20 years of clinical experience and new theories on attachment family therapist and consultant to Parents magazine Dr Fran Walfish argues that parents need to distinguish their own personality types in order to make more informed decisions about how they interact and raise their own children This step by step guide shows parents how to recognize the strength and weaknesses of your parenting style and how it affects your child the ways your style might clash with your child s nature and how to negotiate a common ground the vital importance of establishing trust with a preteen to better prepare for turbulent teen years Written with warmth authority and wit Dr Walfish holds a gentle mirror up to parents and helps them understand themselves in order to create a closer relationship with their child

CBT Treatment Plans and Interventions for Depression and Anxiety Disorders in Youth Brian C. Chu,Sandra S. Pimentel,2023-03-24 Going beyond one size fits all approaches to treating depression and anxiety this book is packed with tools for delivering flexible personalized cognitive behavioral therapy CBT to diverse children and adolescents The authors use extended case examples to show how to conceptualize complex cases and tailor interventions to each client s unique challenges strengths family background and circumstances In a convenient large size format the book features vivid vignettes sample treatment plans therapist client dialogues and 52 reproducible handouts and worksheets most of which can be downloaded and printed for repeated use It offers pragmatic guidance for collaborating effectively with parents and with other professionals

The Routledge Companion to Digital Media and Children Lelia Green,Donell Holloway,Kylie Stevenson,Tama Leaver,Leslie Haddon,2020-10-27 This companion presents the newest research in this important area showcasing the huge diversity in children s relationships with digital media around the globe and exploring the benefits challenges history and emerging developments in the field Children are finding novel ways to express their passions and priorities through innovative uses of digital communication tools This collection investigates and critiques the dynamism of children s lives online with contributions fielding both global and hyper local issues and bridging the wide spectrum of connected media created for and by children From education to children s rights to cyberbullying and youth in challenging circumstances the interdisciplinary approach ensures a careful nuanced multi dimensional exploration of children s relationships with digital media Featuring a highly international range of case studies perspectives and socio

cultural contexts The Routledge Companion to Digital Media and Children is the perfect reference tool for students and researchers of media and communication family and technology studies psychology education anthropology and sociology as well as interested teachers policy makers and parents Spiritual Healing Byung-Cheon Shin, 2012-07-15 People usually think healing means curing a physical ailment or resolving some sort of psychological affliction A broader interpretation of healing however implies that one can improve one's entire life by resolving painful and distressful emotional states If this is truly the case we all need such spiritual healing The wise teaching offered within this book is relevant for every human being regardless of race ethnicity or nationality It helps us rediscover our original divine nature that has always been with us that which we have merely forgotten temporarily

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