

## **Books for Children Experiencing Anxiety**

### Expressing Feelings

*How to take the Grr out of Anger* by Elizabeth Verdick & Marjorie Lisovskis

*What to do when you Dread your Bed: A Kid's Guide to Overcoming Problems with Sleep* by Dawn Huebner

*What to do when You're Scared and Worried* by James Crist

*What to do when your Temper Flares: A Kid's Guide to Overcoming Problems with Anger* by Dawn Huebner

*Zach gets Frustrated* by William Mulcahy

### Separation Anxiety

*The Invisible String* by Patrice Karst

*The Kissing Hand* by Audrey Penn

*What to do when you Worry too much: A Kid's Guide to Overcoming Anxiety* (What to do Guides for Kids) by Dawn Huebner & Bonnie Matthews

*When I Miss You* by Cornelia Spelman

*Wilma Jean the Worry Machine* by Julia Cook & Anita DuFalla

### Toileting

*Even Princesses Poop* by Thomas Nelson

*I Can't, I Won't, No Way!: A Book for Children who Refuse to Poop* by Tracey J. Vessillo

*It Hurts when I Poop! A Story for Children who are Scared to use the Potty* by Howard J. Bennett, M.D.

*The Saddest Toilet in the World* by Sam Apple