



Key resources to support talking to children about Anxiety.

Online Parent and Child Course:

[GLOW - online anxiety resource for primary school children - Access Therapies Fife NHS \(scot.nhs.uk\)](https://www.scot.nhs.uk/glow/) is an online anxiety management resource accessed through a mobile phone app for children (aged 8-11) and their parents. It is provided by Fife Health and Social Care Partnership

It consists of 3 parent modules and 4 child modules which parents should support children with.

Parent/Carer modules – Managing Anxiety; Emotion Regulation; Building Your Child's Self-Esteem.

Child modules (for working through with a parent/carer) - The Challenger; Captain Calm; The Detective; The Adventurer

The app, videos and workbooks help to learn about anxiety and find out about lots of helpful coping strategies. Regularly practising the strategies is important

Websites for Children and Young People:



<https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/>



<https://www.youngminds.org.uk/>

Websites for Parents and carers:



<https://www.youngminds.org.uk/parent/a-z-guide/anxiety/>



<https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/information-for-parents-and-carers/worries-and-anxieties--helping-children-to-cope-for-parents-and-carers>



<https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/anxiety-in-children/>

Virtual Workshops for Parents and Carers:



[Understanding Anxiety \(vimeo.com\)](https://vimeo.com/511111111)



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Books

General anxieties:

Outsmarting Worry by Dawn Huebner

Anxiety Sucks! : A Teen Survival Guide by Natasha Daniels

The Anxiety Survival Guide for Teens: CBT Skills to Overcome Fear, Worry, and Panic by Jennifer Shannon

My Anxious Mind: A Teen's Guide to Managing Anxiety and Panic by Michael A. Tompkins and Katherine Martinez

Anxiety Relief for Kids by Bridget Flynn Walker

Coping Skills for Kids Workbook by Janine Halloran

