**Managing Emotions**

***For Caregivers and Parents***

* **Growing Up Brave: Expert Strategies for Helping Your Child Overcome Fear, Stress, and Anxiety,** by [Donna B. Pincus](http://www.amazon.com/Donna-B.-Pincus/e/B005E7T3PM/ref=dp_byline_cont_book_1)
* **Keys to Parenting your Anxious Child,** 2nd Edition, by Katharina Manassis
* **Raising an Emotionally Intelligent Child,** byJohn Gottman
* **Freeing Your Child from Anxiety,** by Tamar Chansky
* **The Sensitive Child,** byJanet Poland
* **Helping Your Anxious Child: A Step by Step Guide for Parents – 2nd Edition, by** Rappee, Spence, Wignall & Lyneham
* **Worried No More: Help and Hope for  Anxious Children,** by Wagner, A.P.
* **Help for worried kids: How your child can conquer anxiety and fear, by** Last, C.G
* **Silence is not golden: Strategies for helping the shy child,** byKearney, C.A.
* **If your adolescent has an anxiety disorder: An essential resource for parents, by** Foa & Andrews
* The Highly Sensitive Child: Helping Our Children Thrive When the World Overwhelms Them, by Elaine N. Aron, PHD
* The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated Chronically Inflexible Children, by Ross Greene
* Helping Your Child with Selective Mutism: Practical Steps to Overcome a Fear of Speaking , by Ph.D. Angela McHolm and Ph.D. Charles Cunningham
* Raising a Moody Child: How to Cope with Depression and Bipolar Disorders, by Mary A. Fristad and Jill S. Goldberg Arnold

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**F*or Children***

* **What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety, by** [Huebner](http://www.amazon.ca/s?_encoding=UTF8&search-alias=books-ca&field-author=Huebner)
* What to Do When You're Scared and Worried: A Guide for Kids, by [James J. Crist](http://www.amazon.com/James-J.-Crist/e/B001JRXDTI/ref=dp_byline_cont_book_1)
* **My Anxious Mind: A teen’s guide to managing anxiety and panic, by**Tompkins & Martine
* Mr. Worry: A Story about OCD, by Holly L Niner