

Anxiety Book Recommendations for Elementary-Age Children:

Anxiety Workbooks for Kids, with Parents' Guidance:

- **What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety (Dawn Huebner, PhD), Ages 6-12**
- The Anxiety Workbook for Kids: Take Charge of Fears and Worries Using the Gift of Imagination (Robin Alter, PhD), Ages 7-12

Anxiety Books for Parents:

- **The Resilience Recipe: A Parent's Guide to Raising Fearless Kids in the Age of Anxiety (Muniya Khanna, PhD & Philip C. Kendall, PhD, ABPP)**
- The Highly Sensitive Child: Helping Our Children Thrive When the World Overwhelms Them (Elaine N. Aron, PhD)

Anxiety Books for Children:

- Please Explain "Anxiety" to Me! Simple Biology and Solutions for Children and Parents (Laurie Zelinger, PhD and Jordan Zelinger, MS Ed), Middle to Late Elementary
- Scaredy Squirrel (Melanie Watt), Young children
- The Girl Who Never Made Mistakes (Mark Pett and Gary Rubinstein), Young children
- Wemberly Worried (Kevin Henkes), Early elementary
- When I Feel Scared (Cornelia Maude Spelman), Young Children
- When I Feel Worried (Cornelia Maude Spelman), Young Children

OCD Workbooks for Kids, with Parents' Guidance:

- **Talking Back to OCD (John S. March, MD)**
- What to Do when Your Brain Gets Stuck (Dawn Huebner, PhD)

OCD Books for Parents:

- **Understanding OCD: A Guide for Parents and Professionals (Adam B. Lewin, PhD, ABPP, & Eric Storch, PhD)**
- Freeing Your Child from Obsessive-Compulsive Disorder: A Powerful, Practical Program for Parents of Children and Adolescents (Tamar Chansky, PhD)

OCD Books for Children:

- Blink, Blink, Clop, Clop (E. Katie Moritz, PhD)
- Up and Down the Worry Hill (Aureen Pinto Wagner, PhD)