

INFOSHEET



This info sheet is for educational purposes only. Please consult with your doctor or other health professionals to make sure this information is right for your child. If you would like to provide feedback on this info sheet, please visit: www.schn.health.nsw.gov.au/child-life-therapy-music-therapy

Resources to support your child with worries and anxiety - for ages 3-12

Children and young people can experience a number of different emotions, which may at times leave them feeling overwhelmed, or anxious.

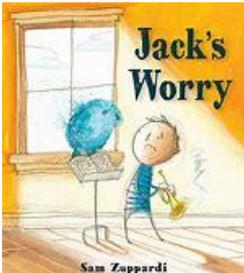
Feeling worried or anxious is normal for everyone. For example:

- Babies and toddlers often fear loud noises, strangers and separation.
- Preschoolers often develop a fear of the dark as their imaginations develop.
- School age children are often frightened of tests or criticism.

If your child is experiencing significant anxiety you should talk to your GP, your hospital Social Worker, Child Life Therapist or Psychologist.

Here is a list of resources collated by staff from Sydney Children's Hospital Network. We use these resources in hospital to support and encourage children in normalising and coping with anxiety, worries and fears.

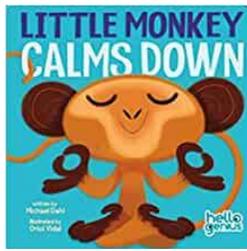
Picture books for toddlers and primary school aged children

Book Title		Brief Description
Jack's Worry Sam Zuppardi		Jack is worried about performing in a concert, so he tries to deal with it by avoiding having to go. When his mum asks him if everything is OK, he cannot find the words to talk about his worry. Many children feel this way.
Suitable for: 5-year-olds and up		

Little Monkey Calms Down

Michael Dahl

Suitable for: 1-year-olds and up

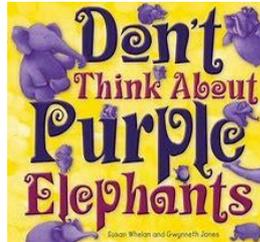


Little Monkey is having a bad day. After a major melt down, he goes to his room and uses some coping techniques to calm down.

Don't Think About the Purple Elephants

Susanne Merritt

Suitable for: 3-year-olds and up



Sometimes Sophie worries- not during the day when she is busy with family and friends, but at night when everything is calm and quiet. Her family all try to help, but somehow, they just make her worries worse.

Hey Awesome

Karen Young

Suitable for: 5-year-olds and excellent for upper primary

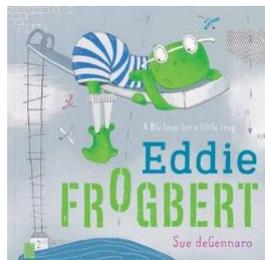


If kids with anxiety could see themselves the way we see them, they would feel so much bigger than their anxiety. This book explains how the same brain that can make them feel anxious sometimes, also comes with amazing strengths. It also includes powerful tips for children on how they can manage their anxiety.

Eddie Frogbert

Sue Degennaro

Suitable for: 3-year-olds and up

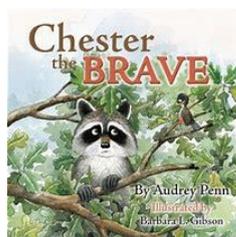


Eddie Frogbert has an unusual problem for a frog. Eddie does not like to jump or hop or leap. In fact, Eddie is quite happy to keep both his feet firmly on the ground. That is until a niggling idea prompts Eddie to think that maybe he could enter the diving competition with his friends. Terrified but determined, Eddie puts a plan in motion to help him overcome his fears.

Chester the Brave

Audrey Penn

Suitable for: 3-year-olds and up

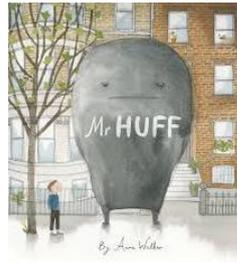


After sharing the story of a little bird who is afraid to have flying lessons in front of his friends, Mrs. Raccoon tells Chester that being brave doesn't mean being unafraid; being brave means not letting that fear stop him. Mrs. Raccoon teaches Chester an important strategy: Think-Tell-Do.

Mr Huff

Anna Walker

Suitable for: 5-year-olds and excellent for upper primary

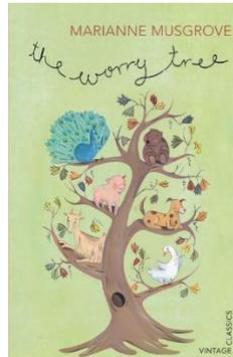


A story about the clouds and the sunshine in each of our lives. Bill is having a bad day. Mr Huff is following him around, making everything seem difficult. Bill tries to get rid of him, but Mr Huff just gets bigger and bigger! Then they both stop, and a surprising thing happens.

The Worry Tree

Marianne Musgrove

Suitable for: 5-year-olds and up

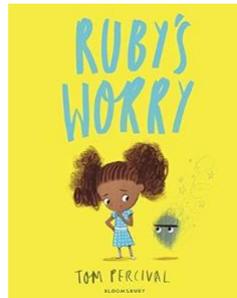


Juliet is a worrywart and can't fit in any more worries! But behind the wallpaper in her new room, Juliet discovers a painting of a tree. It's the Worry Tree, and with the help of a duck called Delia and the other Worry Tree animals, Juliet might be able to solve some of life's big problems.

Ruby's Worry

Tom Percival

Suitable for: 3-year-olds and up



Ruby is a young child who develops a very small worry that slowly gets larger over time. It becomes so huge that it begins to overcrowd her happiness. At a park one day, she finds another child with a problem and feels compelled to speak to him. After talking with each other about their problems, they both begin to feel better.

The Huge Bag of Worries

Virginia Ironside

Suitable for: 3-year-olds and up

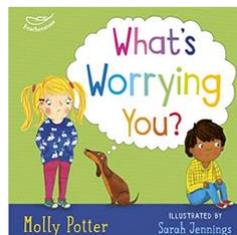


Wherever Jenny goes, her worries follow her. They are with her all the time - at school, at home, when she is watching TV and even in the bathroom! Jenny decides they have to go, but who will help her get rid of them?

What's Worrying You?

Molly Potter

Suitable for: 5-year-olds and up



We all have worries now and then, but sometimes they feel like they're getting bigger and bigger, like you can't control them anymore. This is a book all about helping children understand their worries, and what to do when they feel overwhelmed by their thoughts and feelings.

Online Resources:

- Smiling Mind a not-for-profit web and free meditation program whose goal is to have mindfulness on the Australian Curriculum: <https://www.smilingmind.com.au/>
- Maggie Dent is a parenting commentator: <https://www.maggiedent.com/common-concerns/anxiety-fear-calming-children/>
- Worry Wise Kids offers information and resources to assist in identifying and managing anxiety in children: worrywisekids.org
- The Brave Program, developed by the University of Queensland, is a free, interactive online program to help children and teens cope with worries and anxiety. They also have programs for parents: <https://brave4you.psy.uq.edu.au/>
- Karen Young is a psychologist and author of *Hey Warrior* and *Hey Awesome*. Her website provides resources, articles and videos: <https://www.heysigmund.com/>

Movies and YouTube Clips:

- Inside Out – Pixar
- Wonder Park – Paramount Pictures
- Managing Worry and Anxiety for Kids: <https://www.youtube.com/watch?v=l7g8Atv27Q8>
- Tummy Butterflies – Angelina Ballerina: https://www.youtube.com/watch?v=jsw2D5dzK_8
- What is 'anxious'? - Sesame Street: <https://www.youtube.com/watch?v=TDFEW3eAllg>
- Make a Feelie Wheelie – Bluey: <https://www.youtube.com/watch?v=gXa38oTj11s>
- Feeling Anxious – Arthur: <https://www.youtube.com/watch?v=OFQUc5UJpEc>
- Sesame Street Learn to Breathe with Rosita: <https://www.youtube.com/watch?v=Xq3DwzX6MUw>

Apps

- Breathe Think Do App: <https://apps.apple.com/au/app/breathe-think-do-with-sesame/id721853597>

Other SCHN Resources

- SCHN Fact Sheet - <https://www.schn.health.nsw.gov.au/fact-sheets/anxiety>