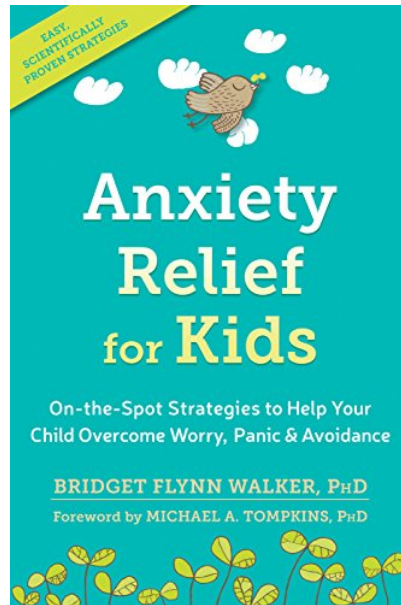


## [Free PDF File] Anxiety Relief for Kids: On-the-Spot Strategies to Help Your Child Overcome Worry, Panic, and Avoidance



**CONTINUE ►**

Just what the doctor ordered! A clear, concise, and practical guide to help parents help their children master their anxieties. Laurel J. Schultz, MD, MPH, community pediatrician at Golden Gate Pediatrics If you have a child with anxiety, you need quick, in-the-moment solutions you can easily use now to help your child face their fears and worries. Written by a psychologist and expert in childhood anxiety, this easy-to-use guide offers proven-effective cognitive behavioral therapy (CBT) and exposure skills you can use at home, in social settings, or anywhere anxiety takes hold. Anxiety Relief for Kids provides quick solutions based in evidence-based CBT and exposure therapy two of the most effective treatments for anxiety disorders. You'll find a background and explanation of the different types of anxiety disorders, in case you aren't sure whether or not your child has one. You'll also learn to identify your child's avoidant and safety behaviors the strategies your child uses to cope with their anxiety, such as repeatedly checking their homework or asking the same questions repeatedly as well as anxiety triggers that set your child off. With this book, you'll find a wealth of information regarding your child's specific anxiety disorder and how to respond to it. For example, if your child has obsessive compulsive disorder (OCD), the skills you use to help them are different than other anxiety disorders. No matter your child's specific symptoms or diagnosis, you'll discover tailored interventions you can use now to help your child thrive. If your child has an anxiety disorder, simple, everyday activities can be a real challenge. The practical solutions in this book will help you deal with your child's anxiety when it happens and restore balance and order to both your lives. What readers are saying: I was surprised to learn how much of what I was doing as a parent was exacerbating (and not helping) our son's anxiety. Kath This book does such a great job of explaining what anxiety is, the range of ways it can show up in kids (and/or adults) and how you can get it under control. ... The guidance laid out is priceless and will be beneficial to anyone suffering from anxiety. Jennifer This is a very practical and informative book that will guide parents in helping their children suffering from anxiety or worry. ... Cognitive behavioral therapy is the backbone of Dr. Walker's approach and she makes the approach clear and accessible to non-professionals. A great addition to any parent's bookshelf! Michael

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