



What to Do When You're Scared & Worried: A Guide for Kids

James J. Crist Ph.D.

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From a fear of spiders to panic attacks, kids have worries and fears, just like adults. But while adults have access to a lot of helpful information, that hasn't been true for kids until now. Drawing on his years of experience helping children deal with anxiety, Dr. James Crist has written a book that kids can turn to when they need advice, reassurance, and ideas. He starts by telling young readers that all kids are scared and worried sometimes; they're not alone. He explains where fears and worries come from and how the mind and body work together to make fears worse or better. He describes various kinds of fears and suggests ten Fear Chasers and Worry Erasers kids can try to feel safer, stronger, and calmer. The second part of the book focuses on phobias, separation anxiety, OCD (Obsessive-Compulsive Disorder), and other problems too big for kids to handle on their own, and explains what it's like to get counseling. Includes a special "Note to Grown-ups" and a list of resources.

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