



What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety

Dawn Huebner , Bonnie Matthews (Illustrator)

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A Gold NAPPA (National Parenting Publications Awards) winner

Did you know that worries are like tomatoes? No, you can't eat them, but you can make them grow, simply by paying attention to them. If your worries have grown so big that they bother you almost every day, this book is for you. What to Do When You Worry Too Much guides children and parents through the cognitive-behavioral techniques most often used in the treatment of anxiety. Lively metaphors and humorous illustrations make the concepts and strategies easy to understand, while clear how-to steps and prompts to draw and write help children to master new skills related to reducing anxiety. This interactive self-help book is the complete resource for educating, motivating, and empowering kids to overcoming their overgrown worries.

Engaging, encouraging, and easy to follow, this book educates, motivates, and empowers children to work towards change. Includes a note to parents by psychologist and author Dawn Huebner, PhD.

From the Note to Parents:

If you are the parent or caregiver of an anxious child, you know what it feels like to be held hostage. So does your child. Children who worry too much are held captive by their fears. They go to great lengths to avoid frightening situations, and ask the same anxiety-based questions over and over again. Yet the answers give them virtually no relief. Parents and caregivers find themselves spending huge amounts of time reassuring, coaxing, accommodating, and doing whatever else they can think of to minimize their child's distress.

But it doesn't work. The anxiety remains in control. As you have undoubtedly discovered, simply telling an anxious child to stop worrying doesn't help at all. Nor does applying adult logic, or allowing your child to avoid feared situations, or offering reassurance every time the fears are expressed.

This book is part of the Magination Press What-to-Do Guides for Kids(R) series and includes an "Introduction to Parents and Caregivers." What-to-Guides for Kids(R) are interactive self-help books designed to guide 6-12 year olds and their parents through the cognitive-behavioral techniques most often used in the treatment of various psychological concerns. Engaging, encouraging, and easy to follow, these books educate, motivate, and empower children to work towards change.

What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety Details

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From Reader Review What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety for online ebook

Allison Salmon says

This is an excellent workbook for helping an elementary school child with their anxiety. It has a great mix of text and activities that help to build a mental tool set that you can reference long after you have completed the workbook. It does a fantastic job of making CBT techniques approachable to kids. I worked through this workbook with my daughter and a year later we are still using the techniques. It's not a cure to anxiety, because there is no cure, but it definitely help with openly talking, understanding and building successful techniques to moderate anxiety.

Kris says

I read this to my girls, ages 10, 8, and 6, who all struggle from anxiety to one degree or another. They seemed to find it helpful. I think at the very least, it made them realize that there are other kids out there who have similar problems. I liked that there were concrete techniques presented, and I am hoping they will be useful.

Jill says

Insert here all the descriptors of and praise for a book that appeals to all ages, provides immediately useful tools to tackle the real issue of worrying too much, and assures the worrier of hope ahead - voila! You have this book. It is straight forward without being too technical and realistic without being patronizing. I found it well-written and appropriately paced for the target audience and subject matter. And me.

The series was recommended to followers by a school psychologist I follow on social media. I was grateful to see our library had several in stock. When I brought them home my youngest child picked up the books and began to read on her own. Later during a discussion over a disagreement with a sibling, she brought up approaches the book suggested.

WIN!

Randie D. Camp, M.S. says

Huebner has created a guide for children to overcome their anxiety through the usage of cognitive-behavioral techniques and explaining anxiety in a way that children can relate to. I love the suggestions of daily activities children can do to help them with anxiety, like talk time, worry time, and using logic. While the book is a guide for children, parents could use this book as a guide for children who are not able to read or for children who need the extra support.

Diane Costello says

Recommended by the pediatrician for my anxious 9 year old. We read it together over a week. The writing is a perfect combination of reassurance and encouragement. He is doing the suggested exercises without much reminding.

This book has convinced my son to keep trying and given him hope that he will overcome the worries. Also he has learned that he is not alone. So grateful to find this series! Next we will read the one called What to do when you dread your bed.

I love the specific exercises. This book truly teaches your child what to do and how to do it.

Cheryl says

Great for worries about imaginary or trivial worries. I'll remember Containment (milk in jug instead of in puddle), Externalization (set time to open Worry Box, talking back to the ugly critters), logic, meditation, distraction of exercise or other wholesome involving activity.

But not good for specific real worries. I have good reason to worry that I'm going blind. Some kids have good reason to worry that their parents are likely to divorce. Etc. I'm just not feeling that setting aside or shutting down the anxiety is enough; it seems like a *positive* action, like planning how to cope should the worst happen, would be a good idea.

Jamie says

A good book to help kids and parents deal with anxiety!

Ashley says

This seems like it's a really good book. I like how it explains anxiety to kids and helps them to fight it. However, I haven't actually tried these practices on a kid so I don't know if they actually work. That's the only reason I'm not giving it 5 stars. Once I try it on a kid I'm sure I'll be changing my review.

karenbee says

This is a book for young kids, but I got a lot out of it. It's a friendly, easy-to-access explanation of a few CBT techniques for managing generalized anxiety.

I initially borrowed it thinking it might help me in the parenting department, since at least one of my children deals with some anxiety, and it surpassed my expectations. While I have more or less used these techniques myself, I've never given much thought to what I was doing, exactly, and have had a hard time putting them into words. Reading Huebner's kid-friendly explanations helped me figure out how to explain these coping

mechanisms to my daughters if they need help, even if they aren't interested in reading this book.

Jacqueline Carthew says

Nice little help guide which simplifies the steps to coping with anxiety, so makes it easier for kids to understand, and for parents to offer support.

This was my responsible parent read, as I bought it for my son but figured that I really needed to ensure it was suitable, and read it first. Am so glad I did otherwise I would have been baffled when he starts metaphoring anxiety as tomatoes at me !

Kathy says

I love this book! I am thinking of getting one for my adult children and one for myself! It has very easy ways to approach and deal with worry. I love the story about how worry is like a tomato plant and the more you tend it the more it grows. Everyone, no matter the age should read this book or even have one to lend out to someone who worries too much.

Jessica says

I'm loving this series of books - cognitive-behavioral techniques in kid-friendly language. I'm hoping I can find a way to make use of them at school, but I'll certainly recommend them to any parents I know.

Jennifer says

This is a great book. Good counseling steps to deal with worry. Nice comparison of growing worry to growing tomatoes. I'm excited to check out other books in the series. Definitely written for children, but I think it could be just as useful for adults.

How to Beat the Worries:
Use logic against worries.
Lock worries up in a strong box in your mind.
Make worries wait for worry time.
Tell worries to GET LOST!
Move your body to reset your system.
Relax with a favorite memory.
Stay strong in your body and your mind.

Mary says

I know I'm not a kid, but there was a lot of stuff in this book that seemed really helpful. The author does a

great job of explaining things--like the concepts of containment, externalization, and competing demands--in language that makes sense and that sticks in your mind. Containment, for example is the idea that milk in a carton is not a big obstacle in your life, but a gallon of milk without a carton or something to hold it is a mess. She also explains how worries are like tomato plants -- which totally made sense to me.

Gwen says

I never felt like I got my money's worth so quickly from a book I bought for work like this one! So simple, so practical. My child clients love it and so do I.
