

Resources for Children's Anxiety in Uncertain Times

Pandemic-oriented Resources

Pandemic Parenting: Tips for Parents and Caregivers – An infosheet from health professionals at CHEO. As well as strategies for talking to children and reducing stress in the family, this infosheet also includes lists of resources and where to find helping professionals in Ottawa. <https://www.ementalhealth.ca/Toronto/Pandemic-Parenting-Tips-for-Parents-and-Caregivers/index.php?m=article&ID=62307>

Daily and Weekly Schedules for Children and Youth: Tips and Templates – An explanation of the importance of establishing consistent routines during a time when “normal” life has been disrupted. Templates for establishing family routines are included. https://docs.google.com/document/d/1j3HZg9--0csx0jg7DCHBKLR_cSjqeVEn-f1B0rASgpA/edit

COVID with Kids – This is a website by a group of child psychiatrists in Toronto. Helpful tips, as well as downloadable templates. <https://www.covidwithkids.org/>

Anxiety and Coping with the Corona Virus – An article that includes suggestions about dealing with uncertainty and checking in with children's feelings. <https://childmind.org/article/anxiety-and-coping-with-coronavirus/>

Managing Sibling Conflict during COVID-19 – Webinar and resources published on the site Pandemic Parenting, which also offers a blog, podcasts and other webinars. The one about sibling conflict can be accessed at <https://www.pandemic-parent.org/resources>

Children's Mental Health Ontario – This organization publishes two guides for parents and caregivers of a child with mental illness, written by Ann Douglas. **Parenting Survival Guide** at <https://cmho.org/parenting-survival-guide-home/> focuses on practical tips and information on how to prioritize parents' own wellness so that they can start making things better for themselves and their family. **Back to School Tips for Parents** at <https://cmho.org/back-to-school-tips-for-parents/> focuses on helping parents manage their children's anxiety and their own about this transition.

Mind Control: Managing Your Mental Health during COVID-19 – This is a free series of online talks by Professor Steve Joordens of the University of Toronto. Designed for the general public, they are broken into short segments and take about three hours to complete. They cover the physiology of anxiety and depression and offer numerous practical tips for adults, both in their own life and in how to support children's mental health. <https://www.coursera.org/learn/manage-health-covid-19>

Websites

www.anxietycanada.com

Anxiety Canada provides many resources for adults, youth and children, including information, self-help tools and videos. On the home page, click on COVID-19 resources to get to a page that lists online presentations about topics related to the pandemic, along with articles that deal with many of parents' questions.

www.childmind.org

The U.S.-based Child Mind Institute publishes many articles about parenting challenges under the heading “For Families,” including several about supporting children's mental health and preventing parental burnout. (<https://childmind.org/article/preventing-parent-burnout/>)

<https://www.ottawapublichealth.ca/en/professionals-and-partners/iecmh.aspx#Mindmasters-2>

Mindmasters 2 - A program developed at CHEO for helping children aged 4 – 9 years to build positive living skills like listening, dealing with anger, staying calm, deep breathing, visualization, looking on the bright side. Watch videos and download audio and PDF files from the website of Ottawa Public Health, Infant and Early Childhood Mental Health. Scroll halfway down the list of resources on this page to see Mindmasters 2.

www.drcheng.ca/

Dr. Michael Cheng is a child and family psychiatrist at CHEO. He has posted information for parents on his Website, including a PowerPoint presentation on anxiety, updated in July 2017 to include information about the importance of attachment-based strategies and controlling time spent on screens (phone, computer, video games, TV).

www.elinesnel.com/en/eline-snel-3/

Eline Snel is the author of *Sitting Still Like a Frog*. Her website offers information on mindfulness for children. An app is available from iTunes that includes guided meditations for different ages.

www.eMentalHealth.ca

Ontario Centre of Excellence for Child and Youth Mental Health

A directory of mental health resources for communities across Ontario. Includes lists of community resources specific to your location, info sheets for families on a wide variety of subjects, a calendar of local activities and mental health screening tools.

www.hincksdellcrest.org/ABC/Parent-Resource/The-Worried-Child

The website of the Hincks-Dellcrest Centre, a children's mental health treatment, research and teaching centre in Toronto, includes a section that covers a variety of topics related to anxiety: separation worries, panic responses, frightening memories or thoughts, fixed and repetitive behaviours and social anxiety. Parents will find explanations of what is typical behaviour at different ages, when to be concerned and when to seek help. In each case, suggestions are given to how parents can best respond to children's worries.

www.jack.org/resources

A Canadian website designed for young people by young people to counter stigma around mental health. Information on a wide variety of mental health issues for teens.

<https://www.lynnlyonsnh.com/books-videos/>

Author and Social Worker Lynn Lyons offers videos and webinars on her website devoted to helping children and youth experiencing anxiety and their parents. (See also her book, *Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous & Independent Children*, co-authored with Reid Wilson.)

www.mindfulfamilies.ca

Sara Marlowe is a parent and clinical social worker in Toronto specializing in sharing mindfulness practice with children and their families. Her website has many practical ideas for parents to use in their homes, along with links to books and other resources. You can also subscribe to her mindfulness newsletter and read her blog.

www.worrywisekids.org – Comprehensive information for parents and educators about the causes and treatment of anxiety and obsessive-compulsive disorders in children and youth.

Online Tools

Smiling Mind – This app has mindfulness exercises for children of different ages and adults. Children can have their own login and the app will log their activity. <https://www.smilingmind.com.au/smiling-mind-app>

Wellbeyond meditation – Meditation app to help children focus, centre, get to sleep, become aware of feelings and develop kindness. <https://wellbeyond.com/kidsStop, Think, Breathe> - Apps for children and adults that start with checking feelings and then providing an appropriate meditation. Mostly free. www.stopbreathethink.com

Mindshift – App from Anxiety Canada designed to help teens and young adults cope with anxiety using research-based strategies drawn from cognitive behavioural therapy. These strategies include shifting from avoiding difficult situations to facing them. <https://www.anxietycanada.com/resources/mindshift-cbt/>

Child Anxiety Tales - A free "symptom checker" for parents who suspect their child or youth suffers from anxiety and a 10-module online interactive training program for parents to help their children (US \$125).

www.copingcatparents.com/Child_Anxiety_Tales

Story Books for Young Children

Iris the Dragon - Series of books dealing with a variety of mental health topics including anxiety. A non-profit initiative supported in part by the Mental Health Commission of Canada. www.iristhedragon.com

Give Maggie a Chance by Frieda Wishinisky

Wemberly Worried by Kevin Henkes

Sometimes I'm Scared by Mike Nemiroff and Jane Annunziata

Sometimes I Worry Too Much But Now I Know How to Stop Book. by Dawn Huebner. Ages 5 – 10.

The Worry Box by Suzanne Chiew and Sean Julan, Ages 4 – 8.

Self-help for Children and Youth

Sitting Still Like a Frog: Mindfulness Exercises for Kids (and Their Parents) by Eline Snel. Ages 5–12

Think Good, Feel Good: A Cognitive Behaviour Therapy Workbook for Children and Young People by Paul Stallard, 2002

Feeling Better: A CBT Workbook for Teens by Rachel L. Hutt (2019)

What to Do When You Worry Too Much by Dawn Huebner. (workbook for parents and children aged 6 – 12)

Self-help for Teens and Adults

Brain Driver's Education: Operator's Guide: Using Your Brain to Get Where You Want To Go. Massachusetts General Hospital. A cognitive-behavioural guide to self-regulation of emotions for high school students. Download from https://schoolsocialwork.net/wp-content/uploads/2013/07/Brain_Drivers_Education-Operators_Guide.pdf

Playing with Anxiety: Casey's Guide for Teens and Kids. A guide for teens, the companion to *Anxious Kids, Anxious Parents*, available to download free from www.playingwithanxiety.com.

Books and Pamphlets for Parents

Growing Up Brave: Expert Strategies for Helping Your Child Overcome Fear, Stress, and Anxiety by Donna Pincus (2012).

Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous & Independent Children by Reid Wilson & Lynn Lyons (2013). (ages 8 – 18)

Kids Can Cope: Parenting Resilient Children at Home and at School, Psychology Foundation of Canada, (2012). <http://cemh.lbpsb.qc.ca/parents/ResilienceChildrenBooklet.pdf>

Family Guide to Reducing Anxiety, Western Ottawa Community Resource Centre, <https://wocrc.ca/wp-content/uploads/2016/04/family-guide-to-reducing-anxiety.pdf>

When My Worries Get Too Big! A Relaxation Book for Children Who Live with Anxiety by Kari Dunn Buron (2006) (4–8 years)