



Helping Your Anxious Child: A Step-by-Step Guide for Parents

Ronald Rapee PhD, Ann Wignall D Psych, Susan Spence PhD, Heidi Lyneham PhD, Vanessa Cobham PhD

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Most children are afraid of the dark. Some fear monsters under the bed. But at least ten percent of children have excessive fears and worries—phobias, separation anxiety, panic attacks, social anxiety, or obsessive-compulsive disorder—that can hold them back and keep them from fully enjoying childhood. If your child suffers from any of these forms of anxiety, the program in this book offers practical, scientifically proven tools that can help.

Now in its second edition, *Helping Your Anxious Child* has been expanded and updated to include the latest research and techniques for managing child anxiety. The book offers proven effective skills based in cognitive behavioral therapy (CBT) to aid you in helping your child overcome intense fears and worries. You'll also find out how to relieve your child's anxious feelings while parenting with compassion.

Inside, you will learn to:

- Help your child practice “detective thinking” to recognize irrational worries
- What to do when your child becomes frightened
- How to gently and gradually expose your child to challenging situations
- Help your child learn important social skills

This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit—an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

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This Helping Your Anxious Child: A Step-by-Step Guide for Parents book is just not ordinary book, you have it then the world is in your hands. The benefit you receive by reading this book is information inside this book incredible fresh, you will get data which is getting deeper anyone read a lot of information you will get. This kind of Helping Your Anxious Child: A Step-by-Step Guide for Parents without we comprehend teach the one who looking at it become critical in contemplating and analyzing. Don't possibly be worry Helping Your Anxious Child: A Step-by-Step Guide for Parents can bring if you are and not make your bag space or bookshelves' come to be full because you can have it within your lovely laptop even cell phone. This Helping Your Anxious Child: A Step-by-Step Guide for Parents having excellent arrangement in word and also layout, so you will not experience uninterested in reading.

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Levi Ryan:

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