

Books for Children Experiencing Anxiety

Expressing Feelings

How to take the Grr out of Anger by Elizabeth Verdick & Marjorie Lisovskis

What to do when you Dread your Bed: A Kid's Guide to Overcoming Problems with Sleep by Dawn Huebner

What to do when You're Scared and Worried by James Crist

What to do when your Temper Flares: A Kid's Guide to Overcoming Problems with Anger by Dawn Huebner

Zach gets Frustrated by William Mulcahy

Separation Anxiety

The Invisible String by Patrice Karst

The Kissing Hand by Audrey Penn

What to do when you Worry too much: A Kid's Guide to Overcoming Anxiety (What to do Guides for Kids) by Dawn Huebner & Bonnie Matthews

When I Miss You by Cornelia Spelman

Wilma Jean the Worry Machine by Julia Cook & Anita DuFalla

Toileting

Even Princesses Poop by Thomas Nelson

I Can't, I Won't, No Way!: A Book for Children who Refuse to Poop by Tracey J. Vessillo

It Hurts when I Poop! A Story for Children who are Scared to use the Potty by Howard J. Bennett, M.D.

The Saddest Toilet in the World by Sam Apple