



Parker
Memorial Library
information • ideas • experiences

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Anxiety

Help your child out with learning and understanding their anxiety.

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| <i>Silly Billy</i> by Anthony Browne | E/BROWNE |
| <i>The Big Test</i> by Julie Danneberg | E/DANNEBERG |
| <i>Crying is Like the Rain: A Story of Mindfulness and Feelings</i> by Heather Hawk Feinberg | E/FEINBERG |
| <i>Leif and the Fall</i> by Allison Sweet Grant | E/GRANT |
| <i>First Grade Jitters</i> by Robert Quackenbush | E/QUACKENBUSH |
| <i>Math Curse</i> by Jon Scieszla | E/SCI |
| <i>Jake Starts School</i> by Michael Wright | E/WRIGHT |
| <i>What to Do When You Worry Too Much</i> by Dawn Huebner | J/155.4/HUE |
| <i>Name and Tame Your Anxiety: A Kid's Guide</i> by Summer Batte | J/155/41246/BAT |
| <i>What to do When You Feel Too Shy</i> by Claire Freeland | J/155.4182/FRE |
| <i>Stress Can Really Get on Your Nerves!</i> by Trever Romain | J/155.9/ROM |
| <i>All Birds Have Anxiety</i> by Kathy Hoopmann | J/618.9285/HOO |