

The 18 Best Books About Anxiety for Kids of All Ages and Their Parents

<https://psychcentral.com/health/books-about-anxiety-for-kids-and-parents>

Many kids with anxiety don't have the vocabulary to explain what they're experiencing or the understanding to know they're not alone. These books can help.



- **Best picture book:** [What Do You Do With a Problem?](#)
- **Best for toddlers:** [After the Fall \(How Humpty Dumpty Got Back up Again\)](#)
- **Best for preschoolers:** [The Whatifs](#)
- **Best for teaching young kids deep breathing:** [My Magic Breath: Finding Calm Through Mindful Breathing](#)
- **Best for teaching young kids tapping:** [Gorilla Thumps and Bear Hugs: A Tapping Solution Children's Story](#)
- **Best for parents to read with young kids:** [Hey Warrior](#)
- **Best for early readers:** [What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety](#)
- **Best workbook for kids:** [The Anxiety Workbook for Kids: Take Charge of Fears and Worries Using the Gift of Imagination](#)
- **Best for young girls:** [Braver, Stronger, Smarter: A Girl's Guide to Overcoming Worry and Anxiety](#)

- **Best toolkit of anxiety solutions for kids:** [Superpowered: Transform Anxiety Into Courage, Confidence, and Resilience](#)
- **Best for tweens:** [Outsmarting Worry: An Older Kid's Guide to Managing Anxiety](#)
- **Best graphic novel:** [Guts](#)
- **Best for teens:** [Anxiety Relief for Teens: Essential CBT Skills and Mindfulness Practices to Overcome Anxiety and Stress](#)
- **Best novel for teens:** [A Quiet Kind of Thunder](#)
- **Best workbook for teens:** [The Anxiety Workbook for Teens: Activities to Help You Deal With Anxiety and Worry](#)
- **Best for parents of young kids with anxiety:** [The Opposite of Worry: The Playful Parenting Approach to Childhood Anxieties and Fears](#)
- **Best for parents of teens with anxiety:** [Helping Your Anxious Teen: Positive Parenting Strategies to Help Your Teen Beat Anxiety, Stress and Worry](#)
- **Best for parents who also have anxiety:** [Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous and Independent Children](#)