

### Links to Resources

**American Academy of Pediatrics: *Pediatric Anxiety: Tools and Resources for Primary Care***

- <https://www.aappublications.org/news/2018/12/14/anxietyresources121418>

**Contemporary Pediatrics: *Anxiety Disorders in Primary Care***

- <https://www.contemporarypediatrics.com/view/anxiety-disorders-primary-care>

**American Academy of Child and Adolescent Psychiatry:**

***Anxiety Disorders Resource Center***

- [https://www.aacap.org/AACAP/Families\\_and\\_Youth/Resource\\_Centers/Anxiety\\_Disorder\\_Resource\\_Center/Home.aspx](https://www.aacap.org/AACAP/Families_and_Youth/Resource_Centers/Anxiety_Disorder_Resource_Center/Home.aspx)

***Facts for Families: Anxiety and Children***

- [https://www.aacap.org/AACAP/Families\\_and\\_Youth/Facts\\_for\\_Families/FFF-Guide/The-Anxious-Child-047.aspx](https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/The-Anxious-Child-047.aspx)

**California Evidence-Based Clearing House: *Coping Cat***

- <https://www.cebc4cw.org/program/coping-cat/detailed>

**Stanford Health: *Top 10 Children's Books to Help Kids with Stress and Anxiety***

- <https://fit.stanfordhealth.org/blog/top-10-childrens-books-to-help-kids-with-stress-and-anxiety>

**Magination Press: *Mindfulness Activities for Anxious Children***

- <https://www.maginationpressfamily.org/stress-anxiety-in-kids/mindfulness-activities-anxious-children/>

**Teens Health: *Anxiety Disorders (For Teens)***

- <https://kidshealth.org/en/teens/anxiety.html>

**Child Mind Institute: *What to Do (and Not Do) When Children Are Anxious***

- <https://childmind.org/article/what-to-do-and-not-do-when-children-are-anxious/>

**National Public Radio (NPR): *How to Help a Child Struggling with Anxiety***

- <https://www.npr.org/2019/10/23/772789491/how-to-help-a-child-struggling-with-anxiety>

**Healthy Children: *Anxiety in Teens is Rising: What's Going On?***

- <https://www.healthychildren.org/English/health-issues/conditions/emotional-problems/Pages/Anxiety-Disorders.aspx>

**Children's Hospital of Philadelphia: *How to Help Manage Your Child's Anxiety Around COVID-19***

- <https://www.chop.edu/news/health-tip/how-to-help-manage-your-childs-anxiety-around-covid-19>

**Screening Tools**

**Screen for Child Anxiety Related Emotional Disorders (SCARED)**

- <https://www.pediatricbipolar.pitt.edu/resources/instruments>

**Generalized Anxiety Disorder-7 (GAD-7)**

- [https://adaa.org/sites/default/files/GAD-7\\_Anxiety-updated\\_0.pdf](https://adaa.org/sites/default/files/GAD-7_Anxiety-updated_0.pdf)