

Resources for Talking to Our Children About Anxiety

Anxiety can creep into our lives through many avenues – fear of the unknown, fear of failure, COVID-19, or death of a loved one, just to name a few. Whatever it might be, as parents we can help our children name and face their anxiety and work through it together. Below is a list of books and articles that can help us as we help our children deal with anxiety. Note: even though we might not be discussing anxiety with our infants, it is never too early to introduce babies to the healthy and normal range of emotions we all feel as well as the comforting reminder that through whatever we face, God is with us and loves us.

0-2 years

[Loved: The Lord's Prayer \(Jesus Storybook Bible\)](#), by Sally Llyod-Jones

[Found: Psalm 23 \(Jesus Storybook Bible\)](#), by Sally Llyod-Jones

[Baby Faces](#), by DK

[Little One, God Made You Special](#), by Amy Warren Hilliker

3-8 years

[Quinn's Promise Rock: No Matter Where, God Is Always There](#), by Christie Thomas

[It Will be Okay: Trusting God Through Fear and Change \(Little Seed & Little Fox\)](#), by Lysa TerKeurst

[Firebird: he lived for the sunshine](#), by Brent McCorkle

[Today and Always, This is True, God Loves You](#), by Holly Gerth

[Found: Psalm 23 \(Jesus Storybook Bible\)](#), by Sally Llyod-Jones

[Breathe Like a Bear: 30 Mindful Moments for Kids to Feel Calm and Focused Anytime, Anywhere](#), by Kira Willey

[The Color Monster: A Story About Emotions](#), by Anna Llenas

8-12 years

[Anxious Abby and The Camp Trust Challenge: Bible Truths for Kids Who Worry](#), by Alyssa Cathers

[Sometimes I'm Anxious: A Child's Guide to Overcoming Anxiety](#), by Poppy O'Neill

[Help Your Dragon Deal With Anxiety](#), by Steve Herman

[What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety \(What-to-Do Guides for Kids\)](#), by Dawn Huebner

[Little Mouse's Big Book of Fears](#), by Emily Gravett

Articles

[Christianity Today: "Why Are Our Children So Anxious?"](#), by Corrie Cutrer

[Living the Life Fantastic: "Helping Children with Anxiety \(+13 recommended books for helping them\)"](#), by LTLF

[LifeWay, Kids Ministry 101: Helping Kids and Parents Cope with Stress](#), a Podcast by Kids Ministry 101, featuring Sissy Goff from DayStar

[The Atlantic: "What Happened to American Childhood?"](#), by Kate Julian

If you are interested in getting counseling for your child, you might want to consider [DayStar](#), a counseling ministry here in Nashville.