



ANXIETY-FREE KIDS: An Interactive Guide for Parents and Children

AUTHOR: Bonnie Sucker

PUBLISHER: Hawker Brownlow Education 2017

Anxiety-Free Kids supports both parents and children who are dealing with an anxiety disorder. The author, Dr Bonnie Zucker, provides strategies and techniques through a cognitive-behavioural therapy approach.

Anxiety-Free Kids provides information, explanations and tips for parents on how to support and help their child using an easy to read, chapter-specific approach to dealing with different anxiety disorders. It identifies that a child's counsellor may be included in supporting a child who has been identified with an anxiety disorder.

There is one book specifically for the parent/guardian and another companion guide targeted specifically for the child. The child's companion guide is written using child-friendly language which allows the child to have ownership of their own book. The book is organised to be used chapter by chapter, with both the adult and the child reading the same chapter at the same time. The exercises at the end of each chapter, for both parents and children, include activities, projects, discussion topics and questions.

The author makes good use of relevant examples from her own practice in the treatment of anxiety disorders to explain and clarify aspects of anxiety in younger children and teens. The examples shared throughout the book are realistic so that parents and children can easily relate to the situations and the issues children may face when dealing with anxiety.

Ingrid Lange