SUPPORTING YOUR CHILD: SCHOOL, COVID, AND ANXIETY

Resources from the Ketchikan Public Library

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PRESCHOOL - KINDERGARTEN

Calming your anxious child: words to say and things to do (616.8522 TRAINOR)

Getting from me to we: how to help young children fit in and make friends (649.154 TUCK)

How to talk so little kids will listen: a survival guide to life with children ages 2-7 (649.123 FABER)

The importance of being little: what preschoolers really need from grownups (372.21 CHRISTA)

Preschool clues: raising smart, inspired, and engaged kids in a screen-filled world (649.123 SANTOME)

ALL AGES

Building resilience in children and teens: giving kids roots and wings (649.125 GINSBUR)

Parenting children with mental health challenges: a guide to life with emotionally complex kids (649.154 VLOCK)

The parents' guide to psychological first aid: helping children and adolescents cope with predictable life crises (649.154 PARENTS)

When the world feels like a scary place: essential conversations for anxious parents & worried kids (649.154 GEWIRTZ)
**ELEMENTARY SCHOOL**

Calming your anxious child: words to say and things to do (616.8522 TRAINOR)

Overcoming school anxiety: how to help your child deal with separation, tests, homework, bullies, math phobia, and other worries (649.154 PETERSM)

The parents' guide to psychological first aid: helping children and adolescents cope with predictable life crises (649.154 PARENTS)

Raising an organized child: 5 steps to boost independence, ease frustration, promote confidence (649.1526 KORB)

Thinking differently: an inspiring guide for parents of children with learning disabilities (371.9 FLINK)

When the world feels like a scary place: essential conversations for anxious parents & worried kids (649.154 GEWIRTZ)

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**MIDDLE SCHOOL**

And then they stopped talking to me: making sense of middle school (373.236 WARNER)

Better with books: 500 diverse books to ignite empathy and encourage self-acceptance in tweens and teens (649.58 HART)

Middle school matters: the 10 key skills kids need to thrive in middle school and beyond—and how parents can help (373.236 FAGELL)

Parenting through puberty: mood swings, acne, and growing pains (649.125 KOWALCO)

Planet middle school: helping your child through the peer pressure, awkward moments & emotional drama (373.236 LEMAN)

The drama years: real girls talk about surviving middle school -- bullies, brands, body image, and more (305.235 KILPATR)

The ultimate guide to raising teens and tweens: strategies for unlocking your child's full potential (649.125 HADDAD)

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**HIGH SCHOOL**

Crazy-stressed: saving today's overwhelmed teens with love, laughter, and the science of resilience (649.125 BRADLEY)

Dial down the drama: reducing conflict and reconnecting with your teenage daughter--a guide for mothers everywhere (305.235 OGRADY)

Helping your anxious teen: positive parenting strategies to help your teen beat anxiety, stress, and worry (616.8522 JOSEPHS)

Masterminds & wingmen: helping our boys cope with schoolyard power, locker-room tests, girlfriends, and the new rules of Boy World (305.2351 WISEMAN)

Saving our sons: a new path for raising healthy and resilient boys: with special sections on motivating boys and managing their technology use (649.132 GURIAN)

Teenagers 101: what a top teacher wishes you knew about helping your kid succeed (373.12 DEURLEI)

Under pressure: confronting the epidemic of stress and anxiety in girls (649.133 DAMOUR)

Why do they act that way?: a survival guide to the adolescent brain, for you and your teen (305.235 WALSH)