

The Panicosaurus Managing Anxiety In Children Including Those With Asperger Syndrome K I Al Ghani Childrens Colour Story Books

When things don't go our way, the Disappointment Dragon can come to visit and take us down to his home in the Valley of Despair... The Disappointment Dragon sometimes comes to see us all and, if we let him, he can make us feel sad or angry. He visits Bobby when he is not picked for the school football team, he also finds Lucinda when she has to miss an exciting school trip because she has the Chicken Pox. He even tries to take the whole of Class Three down to the Valley of Despair when their favourite teacher moves away. Will the Dragon of Hope be able to chase away the Disappointment Dragon and help them see things more positively? The fun characters in this charming, fully illustrated storybook will help children to cope with, and discuss openly, their feelings of disappointment. There are many creative suggestions on how to banish the Disappointment Dragon and an introduction for adults explaining disappointment in children and how they can help.

Life as a bird can be stressful! From worrying about airplanes, windows, and getting enough worms to eat, it is clear that birds can be anxious beings. Through a light-touch, quizzical depiction of bird behaviour, All Birds Have Anxiety uses colourful images and astute explanations to explore with gentle humour what it means to live with anxiety day-to-day, and how to begin to deal with it. Following the style of the best-selling All Cats Have Asperger Syndrome and All Dogs Have ADHD, wonderful colour photographs express the complex and difficult ideas related to anxiety disorder in an easy-to-understand way. This simple yet profound book validates the deeper everyday experiences of anxiety, provides an empathic understanding of the many symptoms associated with anxiety, and offers compassionate suggestions for change. The combination of understanding and gentle humour make this the ideal introduction to anxiety disorder for those diagnosed with this condition, their family and friends and those generally interested in understanding anxiety.

The fully revised second edition of this easy-to-use resource introduces the sensory differences autistic children may face, and explores how these differences can affect their ability to make sense of the world. It is invaluable in helping those adults working with autistic children to identify the possible triggers for the child's behaviour and consider it through a sensory lens. Children have varying sensory needs so the book offers both a wealth of enjoyable activities for sensory exploration and play, whilst also providing suggestions for strategies and ideas that can be used at home or in school to create an autism-friendly environment. This book: Highlights the possible link between behaviours that challenge and sensory difficulties for autistic children. Provides practical and accessible resources, helping parents, carers and practitioners to gain a greater understanding of sensory differences. Includes an online assessment with accompanying aids to create a visual representation of the child's sensory needs. With both downloadable and photocopyable resources, this practical guide will be an essential tool for parents, carers and practitioners working with autistic children, enabling them to create a visual profile of areas of difficulty which can form the basis of personalised strategies and fun sensory activities to support the child.

This book offers strategies to resolve common challenging behaviours using a low arousal approach - a non-aversive approach based on avoiding confrontation and reducing stress. It explains challenging behaviours, and offers guidance on how families can manage different types of challenging behaviour, such as physical aggression and self-injury.

It's remarkable how much the foods we eat can impact our brain chemistry and emotions. What and when we eat can make the difference between feeling anxious and staying calm and in control. But most of us don't realize how much our diets influence our moods, thoughts, and feelings until we make a change. In The Antianxiety Food Solution, you'll find four unique antianxiety diets designed to help you address nutritional deficiencies that may be at the root of your anxiety and enjoy the many foods that foster increased emotional balance. This helpful guide allows you to choose the best plan for you and incorporates effective anxiety-busting foods and nutrients. You'll soon be on the path to freeing yourself from anxiety—and enjoying an improved overall mood, better sleep, fewer cravings, and optimal health—the natural way! The book also includes an easy-to-use index. In The Antianxiety Food Solution, you'll discover: How to assess your diet for anxiety-causing and anxiety-calming foods and nutrients Foods and nutrients that balance your brain chemistry Which anxiety-triggering foods and drinks you may need to avoid Easy lifestyle changes that reduce anxiety and increase happiness

Ladybird's Remarkable Relaxation

How the Foods You Eat Can Help You Calm Your Anxious Mind, Improve Your Mood, and End Cravings

Sensory Assessment and Strategies

Starving the Anger Gremlin

A Cognitive Behavioural Therapy Workbook on Anxiety Management for Young People

When My Worries Get Too Big!

Facing Mighty Fears About Animals

Making friends can be a challenge for all children, but those with autistic spectrum disorder (ASD) can struggle more than most. This collection of ten fully-illustrated stories explores friendship issues encountered by children with ASD aged four to eight and looks at how they can be overcome successfully. Key problem areas are addressed, including sharing, taking turns, being a tattletale, obsessions, winning and losing, jealousy, personal space, tact and diplomacy, and defining friendship. The lively and entertaining stories depersonalize issues, allowing children to see situations from the perspective of others and enabling them to recognize themselves in the characters. This opens the door to discussion, which in turn leads to useful insight and strategies they can practise and implement in the future. Each story has a separate introduction for adults which explains the main strategies within it. This book will be a valuable resource for all parents and teachers of children with ASD, along with their friends and families, and anybody else looking to help children on the spectrum to understand, make and maintain friendships.

Yuki the snow monkey lives in Japan with his family and friends. He sometimes finds it hard to realise when his body is giving him signals, like when he is hungry or cold. Grandfather helps Yuki to understand what his 'funny feelings' mean, and what his brain is trying to tell him. This illustrated storybook will help children to build interoceptive awareness and gain an understanding of the body's activities. It also includes further information for parents and carers, as well as downloadable activities and strategies for building interoceptive abilities.

First time jitters are normal, but when they turn into tears and outright refusal, the world shrinks in problematic ways. Facing Mighty Fears About Trying New Things teaches children to manage uncertainty about new experiences. Fun Facts engage children while a Note to Parents and Caregivers and a supplemental Resource section make this the perfect guide for parents and mental health professionals. This book is part of the Dr. Dawn's Mini Books About Mighty Fears series, designed to help children ages 6-10 tackle their fears and live happier lives.

Frog, Dog, Flamingo and Dragon are all very upset - Frog has too many chores to do, Dog has writer's block, Flamingo is being bullied at school and Dragon's granddad has just died. Ladybird listens to their worries and comes up with a plan that will help them all - let's learn Ladybird's Remarkable Relaxation! This beautiful picture book teaches an effective yoga relaxation technique that can be used anywhere and anytime to deal with a problem. Little Ladybird flutters from big toe to thumb and onwards around the body, showing children how to focus their attention and calm their thoughts. Whether they feel stressed like Frog, or lack confidence like Dog, children will relate to the cast of delightful characters and learn that they too can use relaxation to cope with anxiety, bullying, or grief, and face their worries. This book will be an excellent resource for teachers and teaching assistants in both mainstream and special needs schools, yoga instructors, and parents looking for a fun and engaging story to teach children aged 4-11 about coping with difficult emotions.

The Panicosaurus Managing Anxiety in Children Including Those with Asperger Syndrome Jessica Kingsley Publishers

Starving the Anxiety Gremlin

How to Parent Your Anxious Toddler

Help! I've Got an Alarm Bell Going Off in My Head!

A book for big brothers and sisters including those on the autism spectrum

Make Your Own Picture Stories for Kids with ASD (Autism Spectrum Disorder)

PDA in the Therapy Room

From Home to School with Autism

How We Use Our Autism and Asperger Traits to Shine in Life

Offers age appropriate explanations and advice on anxiety in children and ways they can cope with it through the story of "Mabel and the Panicosaurus."

Baby Bear lives in a home with the Big Bears, and loves to chase butterflies and make mud pies - they make Baby Bear's tummy fill with sunshine. Then, one night, Baby Bear hears a big storm downstairs in the house and in the morning, Baby Bear's tummy starts to feel grey and rainy. How will such a small bear cope with these big new feelings? This sensitive, charming storybook is written to help children who have lived with violence at home to begin to explore and name their feelings. Accompanied by notes for adults on how to use each page of the story to start conversations, it also features fun games and activities to help to understand and express difficult emotions. It will be a useful book for social workers, counsellors, domestic violence workers and all grown-ups working with children.

Deep inside everyone, a little goblin lies sleeping. When it wakes up, its eyes turn green, its nose grows and it starts to breathe a smelly green mist. This is the story of the wakening of a Green-Eyed Goblin. When Theo sees his sister getting lots of attention for her birthday, his sleeping goblin wakes and he can't seem to stop himself from saying all the horrid things the nasty goblin's green mist is making him think. Will Theo learn how to send his Green-Eyed Goblin back to sleep in time for the party? This fun, illustrated storybook will help children aged 5-13 to understand and cope with jealousy and how it can sometimes make us feel not good enough. A helpful introduction for parents and carers explains jealousy in children, and a section at the back of the book provides strategies for overcoming it.

Winston Wallaby, like most Wallabies, loves to bounce. However, Winston can't seem to ever sit still and when he starts school he needs help to concentrate... Luckily his teacher Mrs Calm shows Winston how to settle down and focus his mind in class, and he learns new ways to help him with touch, feel, attention and awareness. This fun, illustrated storybook will help children aged 5-10 with Attention Deficit Hyperactivity Disorder (ADHD), Sensory Processing Disorder (SPD) and Autism Spectrum Disorder (ASD) recognise their sensory needs and develop tools to support them. A helpful introduction for parents and carers explains hyperactivity and how it can affect a child's perception of the world, and the appendices at the back provide useful strategies to be adopted at school and at home.

Binnie is a creative and energetic baboon, who bounces around the lush green mountains of Rwanda in East Africa. But like many of us, Binnie often feels worried and stressed, and these worries can get in her way! What if she gets lost in the jungle, or her family gets sick? What if no one likes her? Sometimes she even worries about the fact she's worried; and if she isn't worried, well why not?! This activity book has been developed by expert child psychologist Dr Karen Treisman. The first part of the book is a colourful illustrated therapeutic story about Binnie the Baboon, with a focus on worry and anxiety. This is followed by a wealth of creative activities and photocopyable worksheets for children to explore issues relating to anxiety, worry, fears, and stress, and how to find ways to understand and overcome them. The final section of the book is full of advice and practical strategies for parents, carers, and professionals on how to help children aged 5-10 to start to understand why they experience feelings of anxiety, and what they can do to help reduce and navigate it.

Exploring Big Feelings After Living in a Stormy Home

What to do about jealousy - for all children including those on the Autism Spectrum

Attacking Anxiety

The Antianxiety Food Solution

A Cognitive Behavioural Therapy Workbook on Anger Management for Young People

A Cognitive Behavioural Therapy Workbook on Stress Management for Young People

A DIY Guide for Parents and Carers

How children (and frogs, dogs, flamingos and dragons) can use yoga relaxation to help deal with stress, grief, bullying and lack of confidence

Drawing on cognitive behavioural therapy principles, this book is a valuable resource for helping children and young people understand and control their stress. It uses example scenarios, activities and young people's comments to teach them effective emotional management skills and is aimed at those working with young people as well as parents.

Bringing together the latest research and understanding on selective mutism, this edited book gives essential information on the various treatment and therapy options. Experts in the fields of speech and language therapy, psychology, music therapy education and communication offer a wide range of professional perspectives on the condition, while case studies from people with selective mutism, past sufferers and parents reveal the personal impact. The book also clarifies what support a person with selective mutism is likely to need at home, school and in social situations. This definitive volume on selective mutism will be key reading for professionals such as speech and language therapists, educational psychologists, child psychiatrists, child and adolescent mental health workers and anyone working with selective mutism in therapeutic and educational settings, as well as family members wanting a closer understanding of what selective mutism is and how they can help.

Looking at the positive influences, great talents and unique thought processes of individuals with Autism Spectrum Disorders, this book is a celebration of those who have used their autism to shine in life. Writers from all over the world at different stages in their careers, and from very different backgrounds, share their experiences of creating a successful life on the autism spectrum. Each explains how it is possible to draw on autistic strengths not just to make your way in the world, overcoming challenges and obstacles, but also to make your life a real success. Education, the world of work, and relationships are the focus of the first part of the book, which then goes on to look at exceptional creativity, and the use of special interests. The autobiographical stories in this book are full of wisdom and humour, and will be an inspiration for anyone with high-functioning autism or Asperger Syndrome, their family and friends, and the professionals who work alongside them.

Have you ever felt a sense of dread and worry creeping over you? That might be the Panicosaurus coming out to play... Sometimes the Panicosaurus tricks Mabel's brain into panicking about certain challenges, such as walking past a big dog on the street or when her favourite teacher is not at school. With the help of Smartosaurus, who lets her know there is really nothing to be afraid of, Mabel discovers different ways to manage Panicosaurus, and defeat the challenges he creates for her. This fun, easy-to-read and fully illustrated storybook will inspire children who experience anxiety, and encourage them to banish their own Panicosauruses with help from Mabel's strategies. Parents and carers will like the helpful introduction, explaining anxiety in children, and the list of techniques for lessening anxiety at the end of the book.

This book provides guidance for schools and parents on how to make the transfer from primary to secondary as easy as possible for children with ASDs. It advocates the need for scrupulous preparation of transfer arrangements because children with ASDs struggle to predict the outcome of any new situation.

How Are You Feeling Today Baby Bear?

Binnie the Baboon Anxiety and Stress Activity Book

Autism Through A Sensory Lens

The Revolutionary Solution for Freedom from Anxiety, Panic Attacks and Stress

Starving the Anxiety Gremlin for Children Aged 5-9

A Story to Help Build Interoception and Internal Body Awareness for Children with Special Needs, including those with ASD, PDA, SPD, ADHD and DCD

Making the Move

Facing Mighty Fears About Health

Kids can do amazing things with the right information. Understanding why anxiety feels the way it does and where the physical symptoms come from is a powerful step in turning anxiety around. Packed with simple ideas to regulate the emotions and senses, this book will help children tackle difficult feelings head-on and feel awesome and in control! From breathing exercises, pressure holds and finger pulls, to fidgets, noise-reducing headphones and gum, the book is brimming with fun stuff to help kids feel cool, calm and collected. They will learn how to label difficult feelings, choose the perfect strategies and tools to tackle them, and use these correctly whether at home or at school. The strategies and tools are accompanied by cartoon-style illustrations, and the author includes useful tips for parents and teachers as well as handy visual charts and checklists to track learning and progress. Armed with this book, kids will be well on their way to managing difficult emotions and feeling just right in whatever situation life throws at them! Suitable for children with emotional and sensory processing difficulties aged approximately 7 to 14 years.

Fear of animals that slither, bite, and sting can get in the way of going places and doing things. Facing Might Fears About Animals teaches children techniques to shrink over-size fears. Fun Facts about bees, dogs, spiders, and snakes engage children, while a Note to Parents and Caregivers and supplemental Resource section make this the perfect guide for parents and mental health professionals. This book is part of the Dr. Dawn's Mini Books About Mighty Fears series, designed to help children ages 6-10 tackle their fears and live happier lives.

Meet Self-Control, a superhero who wants to teach young children his super powers of self-control! Anxiety, frustration, anger, and other difficult feelings won't stand a chance against their new-found powers. Self-Control teaches children with emotional and sensory regulation difficulties aged approximately 4-7 how to calm themselves using self-massage, deep pressure, breathing exercises, and activities such as making an imaginary list and finding their own peaceful place. This illustrated book also features an appendix with photocopyable super power charts, reinforcers, and reminder tools to ensure that parents, teachers, and other professionals can support children in upholding superhero strategies even after the book has been read.

Picture stories can play a vital role in helping parents negotiate challenging scenarios with kids with ASD. Yet no matter how many books and flashcards you have, they can't cover every eventuality. So, suppose you could draw the stories yourself... Brian Attwood took up pen and paper when his son John's meltdowns became harder to deal with. The effect was immediate and time and time again picture stories have bailed the family out of trouble and saved John from unhappiness and confusion. In this book, Brian describes step-by-step how to create simple yet effective picture stories using basic drawings and short lines of text, and provides examples based on real-life situations for you to adapt for your child. This book will give parents and carers the tools and confidence they need to create individualised picture stories to help their child with ASD cope with social situations, difficult emotions, transitions and other challenging situations.

Super Powers to Help Younger Children to Regulate their Emotions and Senses

The Green-Eyed Goblin

Tackling Selective Mutism

The Red Beast

Learning to cope with disappointment (for all children and dragon tamers, including those with Asperger syndrome)

What to do about hyperactivity in children including those with ADHD, SPD and ASD

The Panicosaurus

A Therapeutic Story with Creative and CBT Activities To Help Children Aged 5-10 Who Worry

Ever wondered what happens inside our bodies when we feel angry, nervous, stressed or anxious? This straightforward, illustrated guide explores just that, explaining what happens to the brain and nervous system when that alarm bell in our heads starts ringing. It describes how our bodies can become very sensitive and set off false alarms, and includes tips and activities to help you reduce feelings of anxiety and keep your nervous system healthy. Designed for ages 9+, the book aims to teach children who suffer from anxiety, stress or anger about the fight, flight or freeze response in their bodies and what can trigger it, and helps them to understand that it is something that everyone experiences. It also includes ways to manage the stress reaction and reduce feelings of shame. It is an invaluable resource for anyone supporting children who are easily triggered into anxiety or anger, including parents and carers, support workers, teachers, and therapists.

Pathological Demand Avoidance (PDA) presents a unique challenge for professionals, whereby conventional therapy methods are often perceived as demands and met with opposition where they normally would have proven effective. This guide sets out the most effective strategies for clinicians to provide the best care for children with PDA, adapting conventional modes of therapy to suit their needs. Methods include indirect techniques such as play-based therapy or trauma-informed approaches enabling the child to process their experiences on their own terms. With additional guidance for supporting the families of patients and addressing common obstacles, this book provides understanding and guidance for professionals making a difference to the lives of children with PDA.

Beginning school is a challenging time for most young children. For those with an Autistic Spectrum Disorder (ASD) the significant change this entails can be overwhelming, and everyone involved will be in need of guidance to make the transition as smooth and as stress-free as possible. This positive and practical book arms schools with a wealth of essential information, easy-to-implement strategies and photocopiable resources that will help to make early schooldays an enjoyable experience for young children on the spectrum. Constructive suggestions, such as introducing visual schedules and accommodating sensory issues, will help children with ASD to feel comfortable in school, and activities including making a 'happy scrapbook' and a home-school diary will support staff home liaison. From Home to School with Autism is essential reading for education professionals seeking to encourage and inspire greater confidence in young children with ASD as they embark on school life.

When Andre starts to notice Mummy's tummy getting bigger, it's the start of lots of changes for his family. My Baby is on his way and he's bringing lots of noise with him! This engaging illustrated children's book is ideal for preparing young children age 3+ on and off the autism spectrum for the arrival of a new brother or sister. Covering everything from trips to the hospital, what to expect when the baby arrives and the fun, family times to look forward to, 'Babies are Noisy' is mindful of how children with autism think, learn and experience the world and is full of strategies for coping with the sensory issues and routine changes that a new baby brings. Reflecting the real life situations that families with a child with autism find themselves faced with, this book can be read with parents and professionals to prepare the child for the arrival of their new sibling.

Why does your toddler get upset when his or her routine is disrupted? Why do they follow you from room to room and refuse to play on their own? Why are daily routines such as mealtimes, bath time, and bed time such a struggle? This accessible guide demystifies the difficult behaviors of anxious toddlers, offering tried-and-tested practical solutions to common parenting dilemmas. Each chapter begins with a real life example, clearly illustrating the behavior from the parent's and the toddler's perspective. Once the toddler's anxious behavior has been demystified and explained, new and effective parenting approaches are introduced to help parents tackle everyday difficulties and build up their child's resilience, independence, and coping mechanisms. Common difficulties with bath time, toileting, sleep, eating, transitions, social anxiety, separation anxiety, and sensory issues are solved, along with specific fears and phobias, and more extreme behaviors such as skin picking and hair pulling. A must-read for all parents of anxious toddlers, as well as for the professionals involved in supporting them.

Controlling Anger in Children with Asperger's Syndrome

A Relaxation Book for Children Who Live with Anxiety

Managing Family Meltdown

Babies Are Noisy

Are You Feeling Cold, Yuki?

Teaching Social and Physical Boundaries to Kids

The Kids' Guide to Staying Awesome and In Control

A Guide for Schools and Parents on the Transfer of Pupils with Autism Spectrum Disorders (ASDs) from Primary to Secondary School

Help children to understand and manage their anxiety with this engaging and imaginative workbook. The Anxiety Gremlin is a mischievous creature who loves to gobble up your anxious feelings! The more anxiety you feed him, the bigger and bigger he gets and the more and more anxious you feel! How can you stop this? Starve your Anxiety Gremlin of anxious thoughts, feelings and behaviours, and watch him shrink! Based on cognitive behavioural principles, this workbook uses fun and imaginative activities to teach children how to manage their anxiety by changing how they think and act - getting rid of their Anxiety Gremlins for good! Bursting with stories, puzzles, quizzes, and colouring, drawing and writing games, this is a unique tool for parents or practitioners to use with children aged 5 to 9 years.

No one like to throw up, but emetophobia is different, turning disgust into dread. Facing Mighty Fears About Throwing Up presents techniques to help shrink this common fear. Fun Facts about vomit engage children, while a Note to Parents and Caregivers and supplemental Resource section make this the perfect guide for parents and mental health professionals. This book is part of the Dr. Dawn's Mini Books About Mighty Fears series, designed to help children ages 6-10 tackle their fears and live happier lives.

Do you feel like anxiety is making your life smaller? Are you always worried about the next panic attack? Or are you so stressed that you can't remember when you last felt peaceful and happy? What if there was a simple solution that meant you could stop coping, and start living? For more than 20 years, Nicola Bird experienced anxiety and panic attacks, sometimes so severely she couldn't leave the house. She tried everything, including medication, psychiatric counselling, yoga, and NLP. Then she stumbled upon a completely different way of understanding the human mind that changed her relationship with anxiety forever. In A Little Peace of Mind, Nicola opens up about her own experiences and shares simple ideas to help you realise your own innate mental health and wellbeing. At the heart of this understanding, you'll discover the peace of mind that has been eluding you all this time.

Drawing on the principles of Cognitive Behavioral Therapy (CBT), this book sets out a clear, enjoyable, step-by-step approach for addressing the sorts of anxieties, fears and phobias that are so common in children and teens with Autism Spectrum Disorders (ASD) and related challenges. Using this easy-to-follow model, parents and professionals will have the tools they need to help children and teens cope with and sometimes overcome anxieties caused by everyday occurrences. The book covers seven common scenarios, from fears of environmental sounds and visiting the doctor or dentist, to anxieties around transitions, changes to schedules and an intolerance for making mistakes. The model can be adapted to suit almost any anxiety or phobia and is ideal for use at home, at school and in clinical settings where it can be integrated into a variety of treatment approaches and styles. Designed to help parents of children with autism spectrum disorders and the teachers and therapists who work with them, this book is an excellent resource for successfully alleviating many of the anxieties and phobias that interfere with life enjoyment, not only for the child but for the entire family.

The rules of physical contact can be tricky to grasp and children with special needs are at a heightened risk of abuse. This friendly picture book explains in simple terms how to tell the difference between acceptable and inappropriate touch, thereby helping the child with special needs stay safe. Each story covers a different type of touch from accidental to friendly to hurtful and will help children understand how boundaries change depending on the context. It explores when and where it is okay to touch other people, when and where other people can touch you, why self touching sometimes needs to be private, and what to do if touch feels inappropriate. This book is an invaluable teaching resource and discussion starter for parents, teachers and carers working with children with special needs.

The Low Arousal Approach and Autism

Simple Stuff to Help Children Regulate their Emotions and Senses

An Exceptional Children's Guide to Touch

Winston Wallaby Can't Stop Bouncing

Starving the Stress Gremlin

Learning About Friendship

How Panic, Anxiety and Stress Affect Your Body

A Guide for Professionals and Parents

Presents techniques and strategies that young children who suffer from Asperger's syndrome can use when they find themselves becoming angry.

Presents ways for young children with anxiety to recognize when they are losing control and constructive ways to deal with it.

Meet the anger gremlin: a troublesome pest whose favourite meal is your anger, and the more he eats the angrier you get! There's only one way to stop him: starve him of angry feelings and behaviours, and make him disappear. This imaginative workbook shows young people how to starve their anger gremlin and control their anger effectively. Made up of engaging and fun activities, it helps them to understand why they get angry and how their anger affects themselves and others, and teaches them how to manage angry thoughts and behaviours. The tried-and-tested programme, based on effective cognitive behavioural therapy principles, can be worked through by a young person on their own or with a practitioner or parent, and is suitable for children and young people aged 10+. Starving the Anger Gremlin is easy to read and fun to complete, and is an ideal anger management resource for those working with young people including counsellors, therapists, social workers and school counsellors, as well as parents.

Shamlal the Camel finds it almost impossible to do all the normal, everyday things that the other camels do. Her first word was 'NO!' and this is still the word she repeats the most through every day. Luckily, Shamlal's parents take her to a psychologist who explains that she has PDA, and gives her tips for how to live and learn with the syndrome. This simple, illustrated storybook will help children aged 7-11 with PDA to recognise its features, and develop tools to support them. A helpful introduction for parents and carers explains how it feels to live with the panic attacks and general anxiety that are caused by living with PDA, and the appendices at the back provide useful strategies to be adopted at school and at home.

This engaging workbook helps young people aged 10+ understand and manage anxiety. Based on cognitive behavioural therapy principles, the activities will help young people understand why they get anxious and how to use simple, practical techniques to manage and control their anxiety. Suitable to work through alone or with a parent or practitioner.

A Step-by-Step Guide to an Engaging Approach to Treating Anxiety and Phobias in Children with Autism and Other Developmental Disabilities

Managing Anxiety in Children Including Those with Asperger Syndrome

How to Make Inclusion a Success

Hey Warrior

Super Shamlal - Living and Learning with Pathological Demand Avoidance

How to Be a Superhero Called Self-Control!

A Cognitive Behavioural Therapy Workbook on Anxiety Management

The Disappointment Dragon

Thinking about our body's functions can be scary, especially when it morphs into Health Anxiety that gets in the way of everyday life. Facing Mighty Fears About Health teaches 4 steps to manage 'false alarm' fears. Fun Facts about the body engage children, while a Note to Parents and Caregivers and supplemental Resource section make this the perfect guide for parents and mental health professionals. This book is part of the Dr. Dawn's Mini Books About Mighty Fears series, designed to help children ages 6-10 tackle their fears and live happier lives.

A Little Peace of Mind

A Clinician's Guide to Working with Children with Pathological Demand Avoidance

Facing Mighty Fears About Trying New Things

Stories to Support Social Skills Training in Children with Asperger Syndrome and High Functioning Autism

Facing Mighty Fears About Throwing Up

All Birds Have Anxiety

Autism All-Stars