

PAA'S MENTAL HEALTH RESOURCES FOR PARENTS

Anxiety

Books

- [What to Do When You Dread Your Bed: A Kid's Guide to Overcoming Problems With Sleep](#)
- [What to Do When Bad Habits Take Hold: A Kid's Guide to Overcoming Nail Biting and More](#)
- [What to Do When Fear Interferes: A Kid's Guide to Overcoming Phobias](#)
- [What to Do When Mistakes Make You Quake: A Kid's Guide to Accepting Imperfection](#)
- [What to Do When You Don't Want to Be Apart: A Kid's Guide to Overcoming Separation Anxiety](#)
- [What to Do When the News Scares You: A Kid's Guide to Understanding Current Events](#)
- [What to Do When You Panic: A Kid's Guide to Transforming Panic into Personal Power](#)
- [Breaking Free of Child Anxiety and OCD: A Scientifically Proven Program for Parents](#)

Websites or Podcasts

- [Health Anxiety workbook](#) – Guides kids through understanding anxious thoughts about health and teaches coping strategies to reduce worry.
- [Reducing health anxiety CBT workbook](#) – Uses cognitive-behavioral techniques to challenge anxious thinking and build healthier thought patterns.
- [Books About Attachment, Separation & Connection](#) – Stories and activities that help children feel secure, manage separation anxiety, and strengthen emotional bonds.

ADD/ADHD

Books

- What to Do When You Dread Your Bed: A Kid's Guide to Overcoming Problems With Sleep
- Smart but Scattered by Dawson & Guare - Practical tips on improving executive function and organization.
- The Explosive Child by Ross Greene - A compassionate approach to handling frustration and meltdowns.
- Taking Charge of ADHD by Russell Barkley What Your ADHD Child Wishes You Knew by Sharon Saline NO Mind Left Behind: Understanding and Fostering Executive Control -- The Eight Essential Brain Skills Every Child Needs to Thrive by Adam J Cox
- Driven to Distraction: Recognizing and Coping with Attention Deficit Disorder" by Dr. Edward M. Hallowell and Dr. John J. Ratey
- Finally Focused: The Breakthrough Natural Treatment Plan for ADHD That Restores Attention, Minimizes Hyperactivity, and Helps Eliminate Drug Side Effects" by Dr. James Greenblatt
- Parenting Children with ADHD by Vincent J. Monastra
- The Sensory Child Gets Organized" by Carolyn Dalglish
- Help4ADD At High School by Kathleen G. Nadeau
- Where's My Stuff? The Ultimate Teen Organizing Guide by Samantha Moss
- Mindfulness and Self-Compassion for Teen ADHD - Build Executive Functioning Skills, Increase Motivation, and Improve Self-Confidence (The Instant Help Solutions Series) by Mark Bertin, MD
- Enhancing Executive Functioning and Study Skills Efficiency: An Intentionally Short Guide for the Overwhelmed Student by Dr. Carey Heller

ADD/ADHD

Websites or Podcasts

- [HealthyChildren.org \(AAP\)](https://www.healthychildren.org): Info from pediatricians on ADHD symptoms, treatment, and school support.
- [ADD/ADHD Toolkit](https://www.chaddnrc.org): The CHADD NRC Toolkit page offers parents and caregivers a curated collection of ADHD-resources—infographics, podcasts, videos, quick facts, and link-lists—to help understand diagnosis, treatment, and daily management of ADHD.
- [CHADD.org](https://www.chadd.org): National resource for ADHD with webinars, fact sheets, and a podcast.
- [Child Mind Institute](https://www.childmindinstitute.org): Practical articles and expert advice on ADHD and co-occurring issues.
- [ADDitude Magazine](https://www.additude.com): Parent-friendly articles, printable tools, and an excellent podcast.
- Podcast: **ADHD Essentials** (with Brendan Mahan) - Strategies to manage school, routines, & emotions.
- Podcast: **ADHD Experts Podcast** (by ADDitude) - Interviews with top ADHD professionals.
- Podcast: **Parenting with Impact** - Hosted by ADHD coaches Elaine Taylor-Klaus & Diane Dempster.
- Podcast: **The ADHD Kids Can Thrive Podcast** - Real-talk for parents navigating daily challenges.

Self Directed Cognitive Training Programs

- [Luminosity.com](https://www.luminosity.com): Offers science-based brain training games that target attention, memory, and problem-solving.
- [Gamesforthebrain.com](https://www.gamesforthebrain.com): Simple online games to keep the mind engaged and encourage focus.
- [Mindgames.com](https://www.mindgames.com): Variety of puzzles and brain teasers designed to improve concentration and mental agility.
- [Improvememory.org - Brain Games](https://www.improvememory.org): Free games and exercises to strengthen memory and attention skills.
- [MentalUp.co - Concentration and Memory Games](https://www.mentalup.co): Gamified exercises aimed at boosting focus, memory, and cognitive flexibility in kids.

Autism

Books

- [Uniquely Human: Updated and Expanded: A Different Way of Seeing Autism by Barry M. Prizant Ph.D. and Tom Fields-Meyer](#)

Websites and Podcasts

- [Autism Speaks Resource Guide](#) helps locate services and support networks
- [Autism Society](#) includes information on advocacy, education, and community programs
- **Moms Talk Autism Podcast** Hosted by four mothers of autistic children, this podcast discusses daily challenges, therapies, and family dynamics.
- **Autism Parent Club Podcast** Chris and Becky Fry share their journey raising a non-verbal, low-functioning autistic son. They discuss topics such as school experiences, meltdowns, and maintaining family balance.
- **Autism Family Resource Podcast** Hosted by Brian Keene, a pediatric occupational therapist, this podcast offers actionable tips and success stories. It aims to empower families with tools and knowledge to thrive at home and in the community.
- **Two Sides of the Spectrum** Hosted by Meg Procter, this podcast explores current autism research and neurodiversity, featuring insights from neurodivergent individuals and experts.

Big Emotions (Anger, negativity, jealousy)

Books

- What to Do When You Grumble Too Much: A Kid's Guide to Overcoming Negativity
- What to Do When It's Not Fair: A Kid's Guide to Handling Envy and Jealousy
- What to Do When Your Temper Flares: A Kid's Guide to Overcoming Problems With Anger
- The Mindful Child: How to Help Your Kid Manage Stress, and Become Happier, Kinder, and More Compassionate by Susan Kaiser Greenland - A great resource to help children develop mindfulness

Mobile Mindfulness Apps

- **Calm** – Guided meditations, breathing exercises, and relaxing sounds to help kids manage stress, regulate emotions, and improve sleep.
 - **Smiling Mind** – Age-appropriate mindfulness programs that teach kids to notice thoughts and feelings, build emotional awareness, and practice gratitude.
 - **Ninja Focus** – Interactive mindfulness, yoga, and breathing activities designed to help kids develop self-control, focus, and calming strategies.
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Bullying

Books and Website

- [Bullying workbook for teens](#) – Provides activities and strategies to help teens understand bullying, build self-esteem, and learn coping skills.
 - [Bullying videos for kids](#) – Uses stories and visuals to teach kids how to recognize, prevent, and respond to bullying.
 - [Bullying worksheet](#) – Printable activities that guide kids through identifying bullying, expressing feelings, and planning safe responses.
 - [Bullying worksheets for kids and teens \(available for purchase\)](#) – Structured exercises that develop assertiveness, empathy, and problem-solving to handle bullying situations.
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Disordered Eating

Books

- Help Your Teenager Beat an Eating Disorder (1st Edition) (Author: James Locke)
 - How to Nourish Your Child With an Eating Disorder (Authors: Casey Crosbie & Wendy Sterling)
 - Life Without Ed (Author: Jenni Schafer)
 - If Your Adolescent Has An Eating Disorder: An Essential Resource for Parents (Author: B. Timothy Walsh)
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Depression

Books

- Feeling Great: The Revolutionary New Treatment for Depression and Anxiety by David D. Burns MD

Websites

- **American Academy of Pediatrics (AAP) – Mental Health Resources for Families**
Offers downloadable handouts and articles on managing depression, anxiety, and promoting emotional wellness in children and teens. [Visit AAP Resources](#)

Depression

Websites

- **Mental Health America (MHA) – Mental Health Resources for Parents**
Provides guidance on identifying mental health struggles in children, including depression, and offers strategies for effective communication and support. [Explore MHA Resources](#)[Mental Health America](#)
- **Child Mind Institute – Resources for Pediatricians**
- While aimed at pediatricians, this site offers valuable information for parents on recognizing and addressing childhood depression. [Access Child Mind Resources](#)
- **Depression and Bipolar Support Alliance (DBSA) – Parents and Children Mental Health Resources Toolkit** Features tools like the Mood Crew program to help children identify and manage emotions, along with support group information for parents. [Visit DBSA Toolkit](#)[DBS Alliance](#)

Podcasts

- **Mental Health America – Talking to Adolescents and Teens: Starting the Conversation**
Offers insights into initiating discussions about mental health with teens, a crucial step in addressing depression. [Listen to the Podcast](#)
- **DBSA – Online Community for Parents and Caregivers**
Provides access to support groups and resources, including podcasts, to help parents navigate their child's mental health journey. [Join DBSA Community](#)

Mobile Mental Health Apps

- **Mood Tools:** A free app offering information on depression, cognitive behavioral therapy (CBT) tools, and mood tracking features. [Learn More](#)
- **CBT Tools for Youth:** Designed for adolescents, this app provides CBT resources and coping strategies to manage depression. [Discover CBT Tools](#)[AACAP+1www2.aacap.org+1](#)
- **mADAP:** An app based on the Johns Hopkins Adolescent Depression Awareness Program, offering educational content about depression for teens. [Explore mADAP](#)

OCD

Books

- What to Do When Your Brain Gets Stuck: A Kid's Guide to Overcoming OCD
- What to Do When Bad Habits Take Hold: A Kid's Guide to Overcoming Nail Biting and More
- Breaking Free of Child Anxiety and OCD: A Scientifically Proven Program for Parents 1st Edition
by Eli R. Lebowitz

Perfectionism

Books

- What to Do When Fear Interferes: A Kid's Guide to Overcoming Phobias
 - What to Do When Mistakes Make You Quake: A Kid's Guide to Accepting Imperfection
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Parenting

Books - Younger Kids:

- No Bad Kids: Toddler Discipline Without Shame by Janet Lansbury
- [The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind by Daniel J. Siegel M.D. and Tina Payne Bryson](#)
- [Good Inside: A Practical Guide to Resilient Parenting Prioritizing Connection Over Correction by Dr. Becky Kennedy](#)
- [Super Duper Safety School: Safety Rules For Kids & Grown-Ups! by Pattie Fitzgerald](#)
- [Good Pictures Bad Pictures Jr.: A Simple Plan to Protect Young Minds by Kristen A. Jenson and Debbie Fox](#)
- The Mindful Child: How to Help Your Kid Manage Stress, and Become Happier, Kinder, and More Compassionate by Susan Kaiser Greenland - A great resource to help children develop mindfulness

Books - Older Kids and Teens:

- [Good Pictures Bad Pictures: Porn-Proofing Today's Young Kids by Kristen A. Jenson](#)
- The Girl's Body Book (Fifth Edition): Everything You Need to Know for a Healthy, Happy YOU! (The Ultimate Resource For Parents And Pre-Teen Girls On Growing Up And Self-Care) by Kelli Dunham
- The Boy's Body Book (Fifth Edition): Everything You Need to Know for a Healthy, Happy YOU! (The Ultimate Handbook For Pre-Teen Boys) by Kelli Dunham
- The Care and Keeping of You 1: The Body Book for Younger Girls by Valorie Schaefer
- The Mindful Child: How to Help Your Kid Manage Stress, and Become Happier, Kinder, and More Compassionate by Susan Kaiser Greenland - A great resource to help children develop mindfulness

Websites and Podcasts

- Podcast: Good Inside with Dr. Becky
- Website: <https://parentdata.org/> ParentData: Find the data-driven, judgment-free answers you're looking for on trying to conceive, pregnancy, parenting, and beyond.
- [Books Honoring Differences](#)