

TAMAR E. CHANSKY, Ph.D.

Author of *Freeing Your Child from
Obsessive-Compulsive Disorder*

FREEING YOUR CHILD FROM ANXIETY

REVISED AND UPDATED EDITION

COMPLETELY
UPDATED AND
EXPANDED

PRACTICAL STRATEGIES TO OVERCOME FEARS,
WORRIES, AND PHOBIAS AND BE PREPARED FOR
LIFE—FROM TODDLERS TO TEENS

Freeing Your Child From Anxiety Tamar E Chansky

**David Thomas, Sissy Goff, Melissa
Trevathan**



Freeing Your Child From Anxiety Tamar E Chansky:

Freeing Your Child from Anxiety, Revised and Updated Edition Tamar E. Chansky, Ph.D., 2014-07-29 A proven approach to helping children build emotional resilience for a happier and healthier life Childhood should be a happy and carefree time yet too many children and teens are stressed out and exhibiting symptoms of anxiety Parents everywhere want to know How can you recognize when stress has crossed over into a full blown anxiety disorder How can you prevent anxiety from taking root And how do you help your child break patterns of fear worry and avoidance and lead a happy productive life Fortunately anxiety is very treatable and parents can do a lot to help get their children s emotional well being back on track In *Freeing Your Child from Anxiety* childhood anxiety expert Dr Tamar Chansky shares easy fun and effective tools for teaching children and teens to outsmart their worries and take charge of their fears You ll find scripts for explaining anxiety to children of different ages creative strategies for navigating common phobias and Do It Today activities that help them implement the book s advice right away This revised and updated edition also prepares children to buffer themselves from the pressures of our competitive test driven culture and build resiliency skills These simple solutions can help parents protect their children from needless suffering and ensure they have the tools to thrive today and for a lifetime [Freeing Your Child from Anxiety](#)

Tamar Ellsas Chansky, 2014-05-09 Written by an expert in the field of childhood anxiety disorders this indispensable guide provides parents with safe proven methods for reducing childhood anxiety **Freeing Your Child from Anxiety** Tamar Chansky, Ph.D., 2008-11-19 Anxiety is the number one mental health problem facing young people today Childhood should be a happy and carefree time yet more and more children today are exhibiting symptoms of anxiety from bedwetting and clinginess to frequent stomach aches nightmares and even refusing to go to school Parents everywhere want to know All children have fears but how much is normal How can you know when a stress has crossed over into a full blown anxiety disorder Most parents don t know how to recognize when there is a real problem and how to deal with it when there is In *Freeing Your Child From Anxiety* a childhood anxiety disorder specialist examines all manifestations of childhood fears including social anxiety Tourette s Syndrome hair pulling and Obsessive Compulsive Disorder and guides you through a proven program to help your child back to emotional safety No child is immune from the effects of stress in today s media saturated society Fortunately anxiety disorders are treatable By following these simple solutions parents can prevent their children from needlessly suffering today and tomorrow www.broadwaybooks.com From the Trade Paperback edition

[Freeing Your Child from Obsessive-Compulsive Disorder, Revised and Updated Edition](#) Tamar E. Chansky, Ph.D., 2025-08-05 An empowering guide to helping children with OCD thrive and find relief from their most distressing symptoms for kids as young as age four to teens now revised and updated Dr Chansky has accomplished a tour de force which is certain to offer much needed assistance both to children with OCD related problems and to their families Jeffrey M Schwartz MD author of *Brain Lock* Parents of children with obsessive compulsive disorder know firsthand how confusing and

even frightening the symptoms of OCD can be They have questions about how this condition works and how they can best help their kids Which behaviors are part of ordinary childhood and which are symptoms of OCD How can they help their child take back control of their lives from disruptive thoughts and debilitating rituals What should they do if their child experiences a relapse in symptoms In *Freeing Your Child from Obsessive Compulsive Disorder* child psychologist and OCD expert Dr Tamar E Chansky helps parents make sense of a child s experience with this very confusing but highly treatable disorder She shares intuitive easy to implement strategies for helping kids and teens confidently outsmart the brain tricks and traps of OCD alongside scripts for explaining symptoms to children of all ages and targeted advice for navigating a wide range of OCD themes Dr Chansky also advises parents on how they can tailor treatment to their child s needs with fully updated information on diagnostic criteria medication effective therapy modalities and treatment outcomes as well as the most recent findings on PANS and PANDAS the sudden appearance of OCD symptoms after a strep or viral infection With its research backed and reassuring guidance *Freeing Your Child from Obsessive Compulsive Disorder* spells out exactly what parents can say and do to help their children reclaim their lives

Raising Worry-Free Girls Sissy Goff,2019-09-17 You Can Help Your Daughter Overcome Anxiety and Worry It s surprising to find a girl who doesn t struggle with anxiety and worry either in short episodes or for longer periods For a variety of reasons childhood anxiety rates are soaring especially among girls Today s parents need to know what contributes to anxiety and worry and how they can empower their daughters to overcome fears and live more courageously In this immensely practical book veteran counselor Sissy Goff shares how you can instill bravery and strength in your daughter Addressing common age specific issues Goff gives you the tools to help you and your child understand why her brain is often working against her when she starts to worry learn how she can fight back by helping her body mind and heart find the anchoring truth of God s strong safe love for her and the confidence she needs to thrive

The Worry-Free Parent Sissy Goff,2023-08-22 Worry is contagious but you can stop its spread Anxiety has an amazing ability to spread Time and time again when veteran counselor and parenting expert Sissy Goff has an anxious child or teen in her office she s found they have at least one very well intentioned but anxious parent Anxiety is contagious and it s likely affecting your kids distracting you in the present and making you feel like it will define your family s future It doesn t have to be this way With over 30 years of experience helping both children and adults Sissy offers you practical well researched tools that will make a difference in your life and the lives of your children Learn how to uncover the roots of your own anxiety process anxiety in healthy ways rather than passing it on model bravery discover a place of deeper freer connection to your kids Here is the help you need to experience freedom from anxiety raise confident courageous kids and become a worry free family in an increasingly anxious world Also available *The Worry Free Parent Workbook* a companion resource that provides clinically proven exercises to help you pinpoint the best anxiety fighting tools for you and your family *Anxiety Relief Book for Kids* Ehrin Weiss,2021-05-04 Help kids find freedom from anxiety with engaging activities for ages 8 to 12 Dealing with

anxiety is tough but with the right tools kids can learn how to handle it in a healthy way so they can get back to the fun of being a kid Anxiety Relief Book for Kids is the perfect introduction to anxiety books for kids full of information and exercises to help kids build skills for finding peace and facing their fears with confidence This standout among anxiety books for kids includes An understanding of worries Unlike many other anxiety books for kids this one teaches them where worries come from what they feel like and ways to conquer them Real life solutions Kids will learn to notice when their worries are causing problems recognize what their feelings are trying to tell them and come up with ideas for making their worries feel smaller A range of fun activities Writing drawing and meditating will help kids calm their bodies and quiet their thoughts Proven strategies Kids can start finding relief through exercises based in mindfulness cognitive behavioral therapy and exposure therapy Help kids show their worries who s boss with help from this empowering choice in anxiety books for kids The Complete Idiot's Guide to Controlling Anxiety Joni E. Johnston, PsyD, 2006-12-05 Each year about one third of Americans have at least one panic attack making anxiety disorders among the most common emotional problems They affect approximately 19 million Americans more than those suffering from depression bipolar disorder schizophrenia or alcohol abuse This indispensable guide separates fact from fiction to empower people to regain control over their minds and their lives Shows the differences between normal anxieties and extreme reactions Reveals methods of recognizing anxiety triggers and boosters Offers calming techniques **Thrivers** Michele Borba, Ed. D., 2021-03-02 The bestselling author of UnSelfie offers 7 teachable traits that will safeguard our kids for the future We think we have to push our kids to do more achieve more BE more But we re modeling the wrong traits like rule following and caution and research shows it s NOT working This kind of Striver mindset isn t just making kids unhappier says Dr Michele Borba it s actually the opposite of what it takes to thrive in the uncertain world ahead Thrivers are different they flourish in our fast paced digital driven often uncertain world Why Through her in depth research Dr Borba discovered that the difference comes down not to grades or test scores but to seven character traits that set Thrivers apart confidence empathy self control integrity curiosity perseverance and optimism The even better news these traits can be taught to children at any age in fact parents and educators must do so In Thrivers Dr Borba offers practical actionable ways to develop these traits in children from preschool through high school showing how to teach kids how to cope today so they can thrive tomorrow **Don't Wait and See!** Emily Papazoglou, 2020-05-01 When your child is not meeting developmental milestones turn to this groundbreaking book to learn valuable information to help your child reach their full potential When you have concerns about your child s development you may be told to wait and see but the latest research on brain development in children suggests quick action is necessary This is because the brain develops rapidly in childhood particularly early childhood By supporting more efficient skill building intervention provided during the critical early childhood years can change the course of your child s life An expert in child brain development Dr Emily Papazoglou is a board certified neuropsychologist She has over a decade of experience working with children as well

as their parents physicians teachers and therapists to develop individualized plans to support child development She also understands the challenges that families face from a personal perspective as she has a sister with Williams syndrome Designed to be your companion as you navigate what can otherwise feel like a very lonely and frustrating process this book aims to lower stress and build hope by empowering you to advocate for the development of an action plan to help maximize your child s potential Full of practical advice this easy to read book will teach you how to Quickly recognize potential developmental issues Obtain high quality evaluations with specialists Assemble a team and capitalize on their expertise Maximize skill building at home Develop more supportive family relationships Avoid common pitfalls If your child was born prematurely or has a medical condition or genetic disorder this book will explain which skills are most vulnerable This means that you can proactively support development even before concerns emerge On the other hand if your child is already presenting with developmental concerns you will learn how their medical issues may be contributing and how this may change the approach to intervention The actions that you take now have the power to help your child capitalize on their areas of strength and improve in areas where they are struggling No matter the challenges your child currently faces there is always room for hope

The Child Code Danielle Dick, Ph.D.,2021-09-14 A provocative science based approach to parenting centered on a child s unique genetic code from an award winning developmental psychology professor and researcher With few exceptions parenting books websites and podcasts emphasize the critical role of the parent in shaping a child s destiny But the obsession with parenting ignores a fundamental biological fact that genetics affect every aspect of human behavior and every child is uniquely coded with predispositions that affect everything from fearfulness to impulsivity to happiness In **The Child Code** award winning professor Dr Danielle Dick draws from her research in developmental behavior genetics to debunk the myth that parenting techniques alone can determine a child s behavior and future Dr Dick introduces readers to the 3 E s that underlie each child s unique predisposition extraversion Ex emotionality Em and effortful control Ef and shows that in fact the key to raising successful adults isn t to try harder to mold them but to adapt your parenting strategies to the way they are wired This powerful and fresh approach not only diminishes friction and stress in families but sets children up for true authentic success in life Each chapter unpacks the science behind this unique approach and provides practical individualized strategies for parents to support their child s strengths and to help them navigate their challenges Reassuring with real takeaways **The Child Code** offers parents an inspiring message Their biggest job is to help their children become who they were literally born to be

Was Kinder für ein glückliches Leben in unsicheren Zeiten wirklich brauchen Catherine McCarthy,Heather Tedesco,Jennifer Weaver,2025-06-19 10 Prinzipien f r gl ckliche und starke Kinder Eltern wollen das Beste f r ihre Kinder aber was ist das Beste Welche F higkeiten werden unsere Kinder in der Welt von morgen brauchen Was hilft ihnen gesund gl cklich und zuversichtlich einer wie auch immer gearteten Zukunft entgegenzugehen und Herausforderungen erfolgreich zu meistern Das klingt komplizierter als es ist Denn es gibt F higkeiten

die Kinder tatsächlich für jede Zukunft rsten Dazu gehören zum Beispiel Resilienz Aufmerksamkeit und Selbstkontrolle Psychologische Flexibilität Selbstmotivation Mitgefühl und Dankbarkeit Dieser Elternratgeber ermöglicht die ganzheitliche Förderung der kindlichen Entwicklung und hilft Eltern dabei die richtigen Prioritäten zu setzen Die wissenschaftlich fundierten und umsetzbaren Ratschläge und Strategien bringen die zehn Dinge auf den Punkt die jedes Kind zum Gedeihen braucht So können Eltern das Wesentliche im Blick behalten in der Gewissheit das Kind bestmöglich zu unterstützen

1-2-3 Magic for Christian Parents Thomas Phelan PhD, Chris Webb M.S., L.P.C., N.C.C, 2011-10-01 A positive parenting book that uses Bible principles for no drama discipline leading to better behaved kids happier parents and a more peaceful home Based on the bestselling book 1 2 3 Magic and adapted for a Christian lifestyle Complete with relevant Bible verses explanations and exercises this guide builds on the enormously popular 1 2 3 Magic discipline system by addressing the concerns of a Christian parent Dr Thomas W Phelan and pastor Chris Webb teach parents to take charge and enjoy your strong willed or spirited child again without physical discipline or yelling by helping you set limits for them and by breaking down the complex task of parenting into three straightforward steps Control Obnoxious Behavior Learn an amazingly simple technique to get the kids to STOP doing what you don't want them to do Encourage Good Behavior Learn several effective methods to get your kids to START doing what you want them to do Strengthen Your Relationships Learn powerful techniques that reinforce the bond between you and your children Includes tools and advice for common problems such as Whining Sibling rivalry Reluctance to do chores Refusing to go to bed or getting up in the middle of the night Talking back Stubbornness For years millions of parents from all over the world have used the award winning 1 2 3 Magic program to help them raise happier healthier families and put the fun back into parenting What parents are saying Best thing that I've ever read for discipline 1 2 3 Magic made parenting fun again I highly recommend this book to any parent who is spending more time yelling at or nagging their children than smiling at and laughing with them It's such a relief to not feel like I'm constantly yelling at someone If you want to see a fast improvement in your child's behavior check out 1 2 3 Magic

Living with Anxiety Disorders Allen R. Miller, 2008 Explains what anxiety disorders are treatment options and offers teens advice on how to successfully deal with them

Canaries Among Us Kayla Taylor, 2025-07-30 riveting powerful brilliant necessary Kirkus Reviews For those drawn to both Tara Westover's moving account of a difficult childhood and Susan Cain's research on underappreciated traits Canaries Among Us reveals the exquisite joy and tender heartache inherent in raising a child who is undervalued by a community A lifeline to those struggling with learning differences bullying and anxiety Canaries Among Us explores one of the most widespread threats to child well being a lack of acceptance This heart rending expos provides a candid view of the ways unique children are regularly misunderstood and mistreated Fortunately through raw storytelling and ground breaking science Taylor points to an inspirational alternative supporting and even celebrating the dazzling variety of our humanity The author is donating her profits to organizations promoting mental health neurodiversity and

bullying prevention Note This book was previously subtitled A Mother s Quest to Honor her Child s Individuality in a Culture Determined to Negate It 1-2-3 Magic Thomas W. Phelan, PhD,2010-10-01 This revised edition of the award winning 1 2 3 Magic program addresses the difficult task of child discipline with humor keen insight and proven experience The technique offers a foolproof method of disciplining children ages two through 12 without arguing yelling or spanking By means of three easy to follow steps parents learn to manage troublesome behavior encourage good behavior and strengthen the parent child relationship avoiding the Talk Persuade Argue Yell Hit syndrome which frustrates so many parents Ten strategies for building a child s self esteem and the six types of testing and manipulation a parent can expect from the child are discussed as well as tips on how to prevent homework arguments make mealtimes more enjoyable conduct effective family meetings and encourage children to start doing their household chores New advice about kids and technology and new illustrations bring this essential parenting companion completely up to date Intentional Parenting David Thomas,Sissy Goff,Melissa Trevathan,2013 Intentional Parenting is built around 12 chapters that each dispel some of the most common parenting myths and reminds all parents of truths that can empower them to be not only the parents that their children need but that God has called them to be **Your Kid's Ok!** Ellen Brown,2021-10-05 Parenting is a tricky terrifying confusing and rewarding journey We make mistakes misjudge situations miss opportunities and basically mess up regularly However at the end of the day if you recognise your child as a square peg celebrate that you no longer have to try and squeeze that child into a round hole The world needs and eventually celebrates difference There is no need to shout My Kids OK wrap yourself in the knowledge that it is true and free your child to be who they are made to be **The Sensory Child Gets Organized** Carolyn Dalglish,2013-09-03 Provides simple techniques for parents of a sensory child to support their child and create a calmer more structured home environment Obsessive-Compulsive Disorder Demystified Cheryl Carmin,2009-06-30 A complex illness that is often difficult to identify OCD affects approximately 6 million to 9 million Americans In Obsessive Compulsive Disorder Demystified clinical psychologist and OCD specialist Cheryl Carmin offers an enlightening and useful guide for anyone with OCD their families and friends In clear and compassionate language Dr Carmin helps those who suffer from the illness understand the true nature of OCD the factors that complicate its diagnosis and the benefits of treatment through cognitive behavior therapy and or medication With insight and anecdotes from an OCD patient advocate Obsessive Compulsive Disorder Demystified makes great strides in dispelling the mystery surrounding this condition helping readers decide if it s time to seek treatment and providing those with this anxiety disorder the information they need to better manage their lives

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Freeing Your Child From Anxiety Tamar E Chansky Introduction

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