

# Helping children learn to cope with fears

## Other resources

The following resources have been compiled for parents, carers and school staff who may be seeking further information about fear and children. A range of resources have been included but the list is not exhaustive. Since materials have been selected to represent differing perspectives, inclusion of a particular item on the list should not be taken as endorsement by KidsMatter.

### Information specifically for parents and carers

**Children, Youth and Women's Health Service** provides information for parents and carers on a large variety of child health and development topics. Information on fears in children is available from:

[www.cyh.com/HealthTopics/HealthTopicDetails.aspx?p=114&np=141&id=1612](http://www.cyh.com/HealthTopics/HealthTopicDetails.aspx?p=114&np=141&id=1612)  
[www.cyh.com/HealthTopics/HealthTopicDetails.aspx?p=114&np=141&id=2295](http://www.cyh.com/HealthTopics/HealthTopicDetails.aspx?p=114&np=141&id=2295)  
[www.cyh.com/HealthTopics/HealthTopicDetails.aspx?p=114&np=141&id=1948](http://www.cyh.com/HealthTopics/HealthTopicDetails.aspx?p=114&np=141&id=1948)

**Kids' Health**, a website provided by the South Australian Children, Youth and Women's Health Service, provides high quality information for kids on issues that have been identified by children as important. It is a great resource for parents and carers to use with their kids. Numerous activities are aimed at helping kids to learn coping skills, including:

[www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=287&id=1738](http://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=287&id=1738)  
[www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=287&id=2411](http://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=287&id=2411)  
[www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=287&id=1758](http://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=287&id=1758)  
[www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=287&id=2285](http://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=287&id=2285)

**Embrace the Future**, a project of the Mental Health Foundation of Australia, provides quality information on a range of mental health topics and important social and emotional skills. Information suitable for parents, carers and teaching staff is available from the Resiliency Resource Centre. Information and activities suitable for children is available from the kids' site.

[www.embracethefuture.org.au](http://www.embracethefuture.org.au)  
[www.embracethefuture.org.au/kids/index.htm](http://www.embracethefuture.org.au/kids/index.htm)

### Information in languages other than English

**NSW Health** has a fact sheet, *Stress – it affects children too*, that is available in numerous languages. The fact sheet contains useful information on how parents and carers can help their children cope with stress, worry and fear and can be accessed by following the link below and scrolling down:

[www.mhcs.health.nsw.gov.au/mhcs/topics/Mental\\_Health\\_Illness.html](http://www.mhcs.health.nsw.gov.au/mhcs/topics/Mental_Health_Illness.html)  
[www.mhcs.health.nsw.gov.au/mhcs/publication\\_pdfs/5380/BHC-5380-ENG.pdf](http://www.mhcs.health.nsw.gov.au/mhcs/publication_pdfs/5380/BHC-5380-ENG.pdf)

### Books for parents and carers

***The confident child: Raising children to believe in themselves.*** This book deals with building self-esteem and confidence in young people aged 5 to 15 through responding appropriately to children's feelings and using effective discipline and communication skills. By T. Apter. (1998). New York: Bantam books.

***The optimistic child.*** This book provides exercises and strategies that can be used to teach children optimistic thinking patterns. By M. E. Seligman. (1995). New York: HarperCollins.

<h2>Resources for school staff</h2>	<p><b>The KidsMatter Programs Guide</b> provides information on school based social and emotional learning programs. Each program provides detailed teacher resources for use in the classroom. Many programs provide information for parents and carers as well.</p> <p><b>Amorsen, A.</b> (2001). Supporting stressed children: Teaching relaxation techniques in the classroom. <i>Classroom</i>, 21 (6), 14-16. This concise article provides practical tips and strategies teaching staff can use to help students relax. Articles in <i>Classroom</i> magazine can be freely accessed through libraries that subscribe to the Australian Education Index database. They are also available to the public for purchase through EdResearchOnline: <a href="http://www.acer.edu.au/library/edresearch.html">www.acer.edu.au/library/edresearch.html</a></p> <p><b>Teaching meditation to children: A practical guide to the use and benefits of meditation techniques.</b> This is a practical book that explains techniques for using meditation with children aged 5 to 18 to help them cope with pressure and intense emotions. By D. Fontana, &amp; I. Slack. (2007). London: Watkins Publishing.</p> <p><b>Robinson, E. H., Rotter, J. C., Fey, M. A., &amp; Vogel, K. R.</b> (1992). Helping children cope with fears and stress. Ann Arbor, MI: ERIC. Available from: <a href="http://www.eric.ed.gov/ERICDocs/data/ericdocs2sql/content_storage_01/0000019b/80/12/b5/d5.pdf">www.eric.ed.gov/ERICDocs/data/ericdocs2sql/content_storage_01/0000019b/80/12/b5/d5.pdf</a> This resource provides useful background information on children's fears and numerous activities that teaching staff can use to deal with fear and stress and to prevent children's fears from becoming overwhelming.</p>
<h2>Resources for use with children</h2>	<p><b>Self Calming Cards.</b> A set of 24 cards suitable for use with children that provide verbal, visual, playful and self-nurturing strategies for calming yourself down. By E. Crary. (2004). Seattle, WA: Parenting Press.</p> <p><b>Starbright: Meditations for children.</b> This is one of several books that Maureen Garth has written that have simple meditation and visualisation exercises that help children to relax. By M. Garth. (1991). New York: Harper Collins.</p> <p><b>When I feel afraid.</b> This is a picture book to use with younger children who feel afraid. By C. J. Meiners. (2003). Minneapolis, MN: Free Spirit Publishing.</p> <p><b>When I'm feeling scared.</b> Written by an Australian Psychologist, this book is ideal for use with younger primary aged children. By T. Moroney. (2005). Rowville, VIC: Five Mile Press.</p> <p><b>Relaxation for children.</b> This workbook was written for teaching staff to use in classrooms but is also suitable for parents and carers. It provides clear directions for activities to use with children to help them relax, e.g., breathing and visualising activities. By J. Rickard. (1992). Camberwell, VIC: ACER.</p> <p><b>Cool karma – Relaxation for children and adolescents.</b> Written by an Australian Occupational Therapist, this article provides examples of simple relaxation techniques such as breathing awareness and visualisation strategies for young people. Available from: <a href="http://www.e-bility.com/articles/relax.php">www.e-bility.com/articles/relax.php</a></p>

This resource is part of the KidsMatter Primary initiative. The team at KidsMatter welcomes your feedback at [www.kidsmatter.edu.au](http://www.kidsmatter.edu.au)