



## **Parenting w/Food Allergies: Understanding Anxiety & Building a Resilient Mindset** **(Links to Resources from Webinar on 4/30/19)**

### **Referenced in Presentation:**

- [Working w/parents helps childhood anxiety; recent Yale Child Center study](#)
- [Galinsky's 6-Stages of Parenting \(Article: The Developing Parent\)](#)
- [American Psychological Association's Anxiety Information](#)
- [Fight or Flight informational link](#)
- [10 Thinking Errors That Will Crush Your Mental Strength \(Psychology Today\)](#)

### **Tools/Resources for Kids:**

- [Anxiety Youth Canada \(for preteens/teens\)](#)
- [A Child Therapist's Favorite Resources for Calming Anxiety \(tools to implement\)](#)
- [ChildMind.org's list of best children's books about mental health](#)
- [Outsmarting Worry - An Older Kid's Guide to Managing Anxiety by Dawn Huebner, PhD](#)
- [What To Do When You Worry Too Much \(ages 6-12\) by Dawn Huebner, PhD](#)
- [Helping Childhood Anxiety w/a Worry Box](#)
- [15 Mindfulness/Relaxation Apps for Kids](#)
- [American Psychological Association's InfoAboutKids.org website \(various topics\)](#)

### **Resources for Parents/Adults:**

- [5 Reminders for Parents of Kids with Food Allergy-Related Anxiety \(Tamara Hubbard, LCPC\)](#)
- [Coping with Food Allergy Tragedies \(Tamara Hubbard, LCPC\)](#)
- [7 Practical Tips for Food Allergy Families \(Sharon Wong via FoodASC.com\)](#)
- [The Happiness Trap by Russ Harris \(book\)](#)
- [ADAA-reviewed Mental Health Apps \(great list of apps to help w/stress & anxiety\)](#)
- [8 Ways a Child's Anxiety Shows Up As Something Else \(GoZen\)](#)

### **Food Allergy Bullying:**

- [No Appetite for Bullying website](#)
- [Food Allergy Bullying Q&A w/psychologist](#)
- [Food Allergy Bullying Post from Allergy Shmallergy](#)