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