

## Worry/Anxiety



IShelton Books  
2023

*See You Later, Croc-A-Gator*  
Imogen Shelton (Author)  
Alina Kralia (Illustrator)  
Age: 1-10 years  
A wonderful resource to help guide children dealing with separation anxiety or preparing for any big change.



Simon Spotlight  
2014

*Daniel Goes to School*  
Becky Friedman (Adapter)  
Jason Fruchter (Illustrator)  
Age: 2-4 years  
Daniel Tiger is excited to go to school, but he's not happy that his dad can't stay at school with him.



Free Spirit Publishing  
2008

*Bye-Bye Time*  
Elizabeth Verdick (Author)  
Marieka Heinlen (Illustrator)  
Age: 1-3 years  
This gentle book helps ease the transition with simple rituals: hugs and kisses, a big wave, a deep breath, and the confidence to seek comfort with the new caregiver or other children.



Flamingo Books  
2021

*Wherever You'll Be*  
Ariella Prince Guttman (Author)  
Genevieve Godbout (Illustrator)  
Age: 3-5 years  
*Wherever You'll Be* celebrates the connection between parent and child and lovingly shows readers that love transcends location.



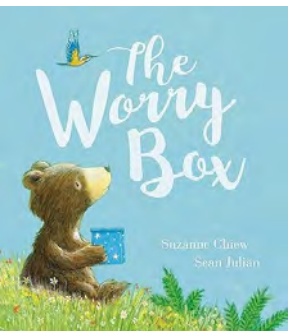
Abrams Appleseed  
2014

*I Am So Brave!*  
Stephen Krensky (Author)  
Sara Gillingham (Illustrator)  
Age: 1-3 years  
The Empowerment series addresses the small victories of growing up and starting to embrace the world on your own terms.



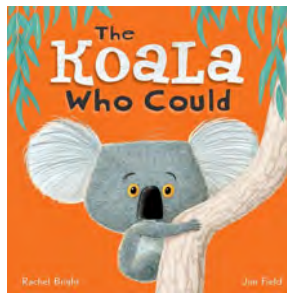
Free Spirit Publishing  
2018

*Worries Are Not Forever*  
Elizabeth Verdick (Author)  
Marieka Heinlen (Illustrator)  
Age: 1-4 years  
Give toddlers tools to ease anxieties and worries and feel better again.



Little Tiger Press  
2019

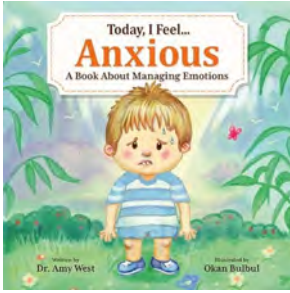
*The Worry Box*  
Suzane Chiew (Author)  
Sean Julian (Illustrator)  
Age: 3-6 years  
Murray Bear has lots of worries. With the help of his sister, Milly, Murray makes a special box in which to keep all his worries. But can the worry box really help?



Scholastic Press  
2017

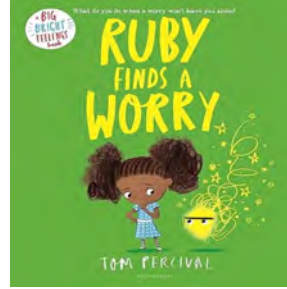
*The Koala Who Could*  
Rachel Bright (Author)  
Jim Field (Illustrator)  
Age: 2-6 years  
Kevin preferred not to move or to change. Kevin the koala loves every day to be the same, where it's snug and safe. But when change comes along, will Kevin embrace all the joys that come with trying something new?

## Worry/Anxiety



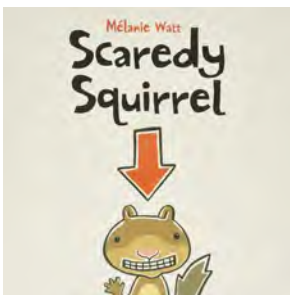
Puppy Dogs & Ice Cream  
2024

*Today, I Feel ...Anxious*  
Dr. Amy West (Author)  
Okan Bulbul (Illustrator)  
Age: 4-7 years  
Discover powerful coping strategies that help kids process and manage their anxiety.



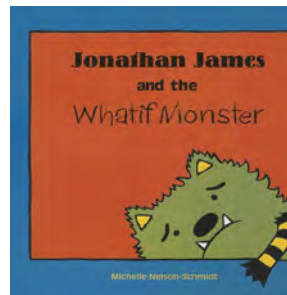
Bloomsbury Children's  
Books  
2021

*Ruby Finds a Worry*  
Tom Percival (Author/Illustrator)  
Age: 4-6 years  
This perceptive and poignant story is the perfect springboard for talking to children about emotions and anxieties.



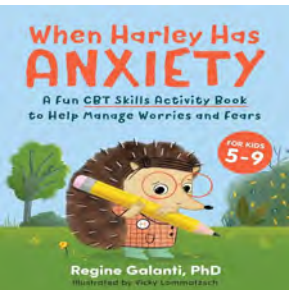
Kids Can Press  
2008

*Scaredy Squirrel*  
Melanie Watt (Author/Illustrator)  
Age: 3-7 years  
Scaredy Squirrel never leaves his nut tree. It's way too dangerous out there. But in his tree, every day is the same and if danger comes along, he's well-prepared.



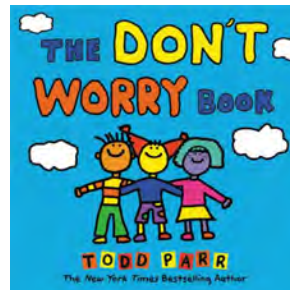
Kane Miller  
2012

*Jonathan James and the Whatif Monster*  
Michelle Nelson-Schmidt (Author/(Illustrator)  
Age: 5-8 years  
This child-friendly rhyming tale provides the ideal antidote for every child's occasional bouts of self-doubt and fear of trying something new.



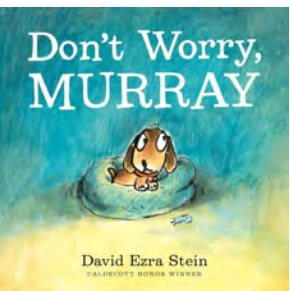
Z Kids  
2021

*When Harley Has Anxiety*  
Regine Galanti PhD (Author)  
Vicky Lommatzsch (Illustrator)  
Age: 5-9 years  
Expert psychologist and best-selling author Dr. Regine Galanti offers an activity book that teaches kids how to be brave and feel less anxious.



Little Brown Books for  
Young Readers  
2019

*The Don't Worry Book*  
Todd Parr (Author/Illustrator)  
Age: 3-6 years  
With his signature humor and instantly recognizable style, Todd speaks out to kids who are feeling the weight of their world, offering solutions and comfort, as well as giggles.



Balzer + Bray  
2022

*Don't Worry, Murray*  
David Ezra Stein (Author/Illustrator)  
Age: 4-8 years  
From Caldecott Honor-winning artist David Ezra Stein comes a tender and reassuring story about facing our fears, whatever they may be.



Little Bee Books  
2020

*The Whatifs*  
Emily Kilgore (Author)  
Zoe Persico (Illustrator)  
Age: 4-8 years  
Cora is struggling with her What if questions ahead of a big piano recital in this picture book about overcoming anxiety.