



## **Links for Families on Stress & Anxiety**

M-DCPS – Webinars on *Test Anxiety* and *Helping Your Child Cope* presented by The Parent Academy in English, Spanish & Haitian-Creole  
<https://parentacademymiami.com/virtual-campus/>

Child Mind Institute – What to Do (and Not Do) When Children Are Anxious  
<https://childmind.org/article/what-to-do-and-not-do-when-children-are-anxious/>

National Public Radio (NPR) – How to Help a Child with Anxiety  
<https://www.npr.org/2019/10/23/772789491/how-to-help-a-child-struggling-with-anxiety>

Healthline – How Parents Can Help Anxious Kids Cope by Adjusting Their Own Behavior  
<https://www.healthline.com/health-news/how-parents-can-help-anxious-kids-face-their-fears>

Harvard Health Publishing (Harvard Medical School) – Anxiety in children  
<https://www.health.harvard.edu/blog/anxiety-in-children-2018081414532>

HelpGuide – Separation Anxiety and Separation Anxiety Disorder  
<https://www.helpguide.org/articles/anxiety/separation-anxiety-and-separation-anxiety-disorder.htm>

National Institutes of Health (NIH) – U.S. Department of Health & Human Services Supportive Parenting Can Reduce Child's Anxiety  
<https://www.nih.gov/news-events/nih-research-matters/supportive-parenting-can-reduce-childs-anxiety>

NIH – 5 Things You Should know About Stress  
English: <https://www.nimh.nih.gov/health/publications/stress/index.shtml>  
Spanish: <https://www.nimh.nih.gov/health/publications/espanol/5-cosas-que-usted-debe-saber-sobre-el-estres/index.shtml>

Centers for Disease Control and Prevention (CDC) – Anxiety and Depression in Children  
English: <https://www.cdc.gov/childrensmentalhealth/depression.html>  
Spanish: <https://www.cdc.gov/childrensmentalhealth/spanish/anxiety.html>

CDC – Coping with Stress

<https://www.cdc.gov/violenceprevention/suicide/copingwith-stresstips.html>

US Department of Health & Human Services – Understanding Stress and Resilience in Young Children: Video Series

English: <https://eclkc.ohs.acf.hhs.gov/mental-health/article/understanding-stress-resilience-young-children-video-series>

Spanish: <https://eclkc.ohs.acf.hhs.gov/es/salud-mental/articulo/entender-el-estres-y-la-resiliencia-en-los-ninos-serie-de-videos>

American Academy of Child & Adolescent Psychiatry – Anxiety and Children

English: [https://www.aacap.org/AACAP/Families\\_and\\_Youth/Facts\\_for\\_Families/FFF-Guide/The-Anxious-Child-047.aspx](https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/The-Anxious-Child-047.aspx)

Spanish:

[https://www.aacap.org/AACAP/Families\\_and\\_Youth/Facts\\_for\\_Families/Facts\\_for\\_Families/Pages/Spanish/El\\_Nino\\_Ansioso\\_47.aspx](https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/Facts_for_Families/Pages/Spanish/El_Nino_Ansioso_47.aspx)

American Psychological Association (APA) –

How to help children and teens manage their stress

<https://www.apa.org/topics/children-teens-stress>

Substance Abuse and Mental Health Services Administration (SAMHSA) –

Recognizing and Treating Child Traumatic Stress

<https://www.samhsa.gov/child-trauma/recognizing-and-treating-child-traumatic-stress>

Rush University – Helping Kids Cope with Stress

<https://www.rush.edu/health-wellness/discover-health/helping-kids-cope-stress>

John Hopkins All Children’s Hospital – Helping Kids Cope with Stress

<https://www.hopkinsallchildrens.org/patients-families/health-library/healthdocnew/helping-kids-cope-with-stress?id=2577>

UCLA Center for Child Anxiety Resilience Education and Support (CARES)

Resources for Parents:

<http://carescenter.ucla.edu/early-signs-childhood-anxiety>

Resources for Kids:

<http://carescenter.ucla.edu/what-is-anxiety>

Video: How Parents Can Help with Child Anxiety

<https://www.youtube.com/watch?v=sRwaqD-BnHM>