

Seminar on Emotion Management

Eagles' Wings

SCBC

May 5, 2018

Managing Anxiety in Children

Books recommended by Dr. Anna Chen:

- Keys to Parenting Your Anxious Child by Katarina Manassis
- What to Do When You Worry Too Much by Dawn Huebner
- Raising Your Spirited Child by Mary Sheedy Kurcinka
- 1-2-3 Magic by Thomas Phelan