

Toolkit to Tackle Anxiety

Handpicked and KixApproved by our Pediatricians and Pediatric Nurses

READING FOR CAREGIVERS:

The opposite of worry written by psychologist Lawrence J. Cohen who specializes in play therapy for children. It offers insight and techniques not only for **helping your anxious child**. But it is also applicable to those **anxious parents who are parenting an anxious child** (or wanting to prevent it).

TO READ WITH YOUR CHILD:

A Little Spot of... Series by Diana Alber is great for **preschool and elementary readers**, with each book focusing on an emotion and how to deal with it.

Shawn's What If's - written by our very own KixMD, Dr. Robin Baweja! It is a story about a boy named Shawn with a lot of **what if worries and how people help him**. Dr. Baweja will also be coming out with a companion toy that is pediatrician designed to help your child when they are struggling with being away from you.

ONLINE RESOURCES:

- **KidsHelpPhone** - in addition to being an invaluable resource for children to reach out to when they are struggling. There is also many **videos, worksheets, and resources** available for both parents and children.
- **KIX360!** - our nursing subscription means that you have a pediatric nurse available **24/7 to talk through any concerns about your child**, including mental health. With unlimited nurse practitioner visits, and easy referrals to pediatricians as well as mental health experts, we can help bridge some of the gaps you are facing.

KixTips

No matter how young your child may seem. **Print the logo below** and put it on the fridge. Encourage your child to use it if they are needing someone to talk to but are not comfortable talking to their parents. It's completely confidential. Even if they are uninterested, they will know it's there if they need it.



Follow KixCare on social media! We post updates on upcoming events, and tons of pediatric advice for you and your child!



For a list of more resources, please visit www.kixcare.com, or reach out to your KixNurse today!

Print this out and put it where your kids can find it!



Whenever you need to talk, we're open.

Youth Text.
TALK to 686868

Call.
1 800 668 6868

Adults Text.
WELLNESS to 741741

Chat.
KidsHelpPhone.ca

