

## Supporting children and families to recognise and navigate paediatric anxiety

### Emerging Mind Resources

**\*Please note the resources displayed in this document were accurate at the time of publication\***

#### [Supporting parents of 4-8-year-old children with mild to moderate anxiety \(emergingminds.com.au\)](https://emergingminds.com.au)

This practice guide provides information about anxiety in childhood years that span from home/childcare to the first years of primary school. It aims to help generalist services support parents to address mild to moderate anxiety for children in this age group (approximately 4-8 years).

#### [Parent guide one: Anxiety in children aged 4–8 - Emerging Minds](#)

This resource compliments the practice paper, Supporting parents of 4-8-year-old children with mild to moderate anxiety.

#### [Parent guide two: Exploring your 4–8 year old's anxiety - Emerging Minds](#)

This resource compliments the practice paper, Supporting parents of 4-8-year-old children with mild to moderate anxiety.

[Understanding child development: Ages 0-3 years - Emerging Minds](#) This resource is part of a series from the Emerging Minds: National Workforce Centre for Child Mental Health that outlines the key developmental issues and experiences for children, from birth to age 12. It focuses on the developmental experiences of infants and children aged 0–3 years.

#### [Understanding child development: Ages 3-5 years - Emerging Minds](#)

This resource is part of a series from the Emerging Minds: National Workforce Centre for Child Mental Health that outlines the key developmental issues and experiences for children, from birth to age 12. It focuses on the developmental experiences of children aged 3–5 years.

#### [Understanding child development: Ages 5-8 years - Emerging Minds](#)

This resource is part of a series from the Emerging Minds: National Workforce Centre for Child Mental Health that outlines the key developmental issues and experiences for children, from birth to age 12. It focuses on the developmental experiences of children aged 5–8 years.

#### [Understanding child development: Ages 9-12 years - Emerging Minds](#)

This resource is part of a series from the Emerging Minds: National Workforce Centre for Child Mental Health that outlines the key developmental issues and experiences for children, from birth to age 12. It focuses on the developmental experiences of children aged 9–12 years.

#### [Supporting parents of pre-teen children with mild-moderate anxiety \(emergingminds.com.au\)](https://emergingminds.com.au)

This practice guide provides information about anxiety in the pre-teen years (9-12 years). It aims to help practitioners in generalist services to better support parents who have a child experiencing mild-moderate anxiety.

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### [Parent guide one: Exploring your pre-teen's anxiety - Emerging Minds](#)

This resource compliments the practice paper, Supporting parents of pre-teen children with mild-moderate anxiety.

[Anxiety in children: Tips for general practitioners \(GPs\) - Emerging Minds](#) This is an edited extract from an article published in Medical Forum.

### Podcast

Leech, A. (Host). (2021, November). *Responding to child anxiety in general practice*. [Audio Podcast]. [Podcast | Responding to child anxiety in general practice - Emerging Minds](#)

### Surveys:

#### [COVID-19 Unmasked Survey](#)

The COVID-19 Unmasked Survey (Young Children) is a Children's Health Queensland initiative led by Dr Alexandra De Young and Dr Elisabeth Hoehn.

### Storybooks:

#### [Birdie stories](#)

A storybook series developed by Children's Health Queensland, supporting the mental health and resilience of expectant and new parents, babies and young children through natural disasters and disruptive events.

#### [Once I Was Very Very Scared, by Chandra Ghosh Ippen \(2017\)](#)

A storybook written to help children and adults (parents, teachers, and other adults) understand how stress can affect children and ways in which to help them.

### Apps:

#### [Smiling Mind](#)

Smiling Mind is a unique tool developed by psychologists and educators to help bring balance to your life.

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### Website Resource:

#### [Hey SIGMUND](#)

This website contains the latest research and news in psychology and covers information regarding parenting with kids, teens, and stepfamilies.

### Questionnaires:

Goodman, R. (1997). Strengths and Difficulties Questionnaire (SDQ).

<https://www.sdqinfo.org/a0.html>

Spence, S. H. (1997). Spence Children's Anxiety Scale (SCAS)

[SCAS CHILD - Automatic Scoring Form - The Spence Children's Anxiety Scale \(scaswebsite.com\)](#)