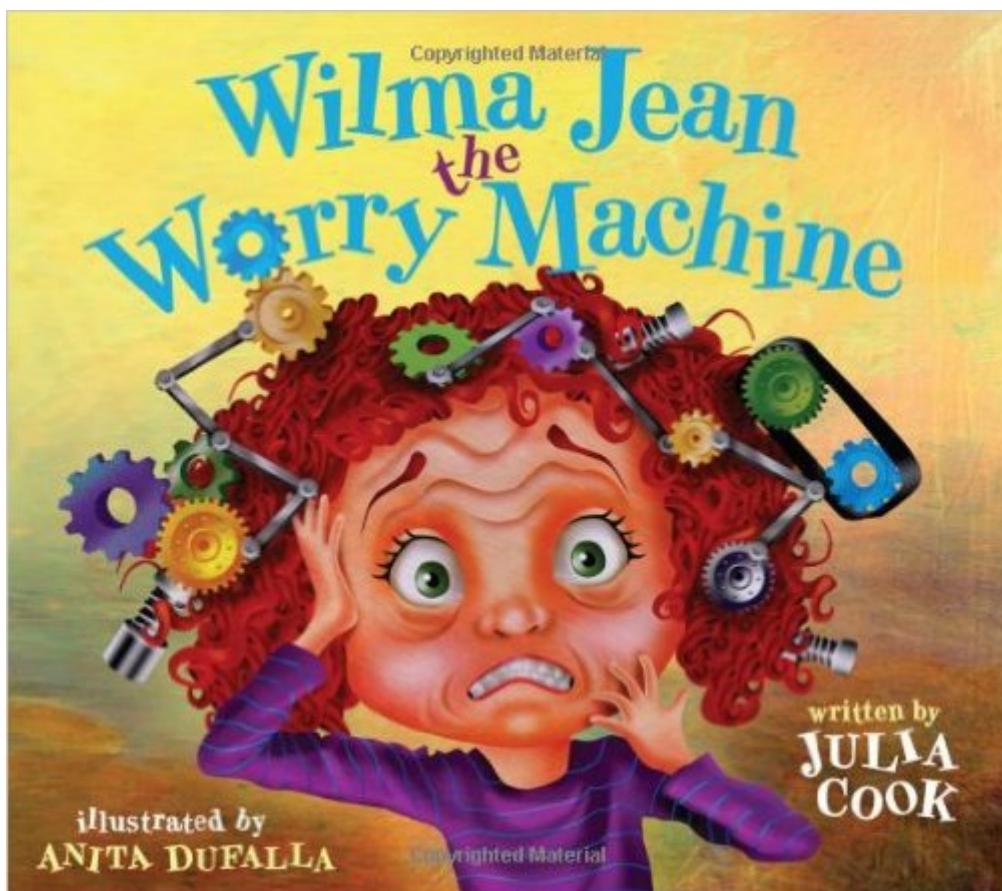


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# Wilma Jean The Worry Machine



## **Synopsis**

(Grades 2-5) Anxiety is a subjective sense of worry, apprehension, and/or fear. It is considered to be the number one health problem in America. Although quite common, anxiety disorders in children are often misdiagnosed and overlooked. Everyone feels fear, worry and apprehension from time to time, but when these feelings prevent a person from doing what he/she wants and/or needs to do, anxiety becomes a disability. This fun and humorous book addresses the problem of anxiety in a way that relates to children of all ages. It offers creative strategies for parents and teachers to use that can lessen the severity of anxiety. The goal of the book is to give children the tools needed to feel more in control of their anxiety. For those worries that are not in anyones control (i.e. the weather,) a worry hat is introduced. A fun read for Wilmas of all ages! Softcover, 32 pages.

## **Book Information**

Paperback: 32 pages

Publisher: National Center for Youth Issues; 1 edition (January 15, 2012)

Language: English

ISBN-10: 1937870014

ISBN-13: 978-1937870010

Product Dimensions: 7.7 x 0.2 x 8.8 inches

Shipping Weight: 0.3 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 starsÂ  See all reviewsÂ  (110 customer reviews)

Best Sellers Rank: #6,040 in Books (See Top 100 in Books) #121 inÂ  Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Emotions & Feelings #1819 inÂ  Books > Reference

Age Range: 5 - 8 years

Grade Level: Kindergarten - 3

## **Customer Reviews**

The preschool and early elementary years can be tough for some kids; there are lots of changes - pre-k, kindergarten, new siblings, parents returning to work - and higher expectations for behavior. A lot of children in the target age for this book (4-7) understand things intellectually that they don't yet understand emotionally, and that can lead to anxiety. At this age, kids will often respond to anxiety by trying to get attention. At an age where adults expect independence and compliance, some kids will escalate their behavior to the level necessary to get the attention they need. Anxiety can manifest as behavior challenges as kids create conflict so that an adult will step in and dominate the

situation. This book introduces Cognitive Behavioral Therapy (CBT) strategies for managing anxiety. It is a great resource for families who find themselves in situations full of conflict and challenging behavior. It is written in a way that is accessible to young children and opens the door to conversations that might otherwise be hard to broach. A child's anxiety does not need to be pervasive for this book to be effective. Everyone experiences some anxiety some of the time. The CBT strategies are applicable to children who experience anxiety occasionally, for instance ahead of starting school, or daily. Learning how to manage anxiety is part of growing up, and this book introduces in a non-clinical manner an effective set of tools to do so. Even though Wilma Jean's specific worries were not relevant to our child, he could use empathy to understand how she felt and learned the coping strategies. It also introduced a language for us to reinforce the CBT strategies.

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