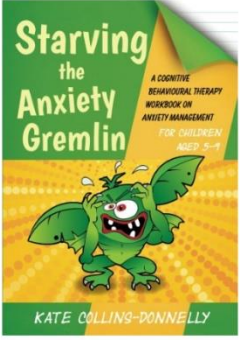
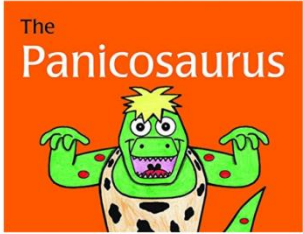
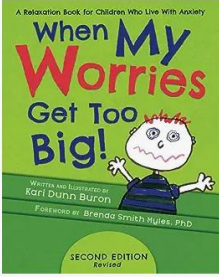
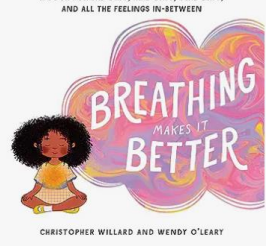

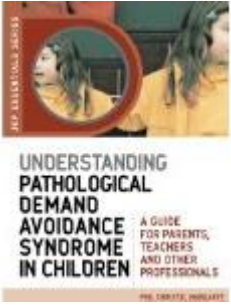
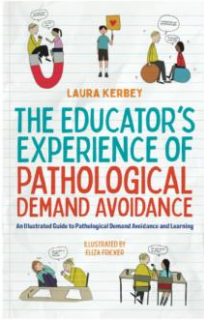
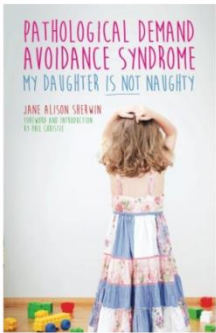
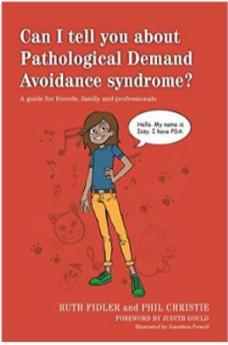

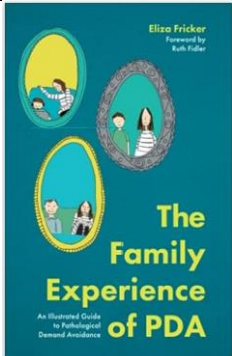


General Stress and Anxiety (Books for children):

	<p>Starving the Anxiety Gremlin for Children Aged 5-9 (Gremlin and Thief CBT Workbooks)</p> <p><i>Kate Collins-Donnelly</i></p>
	<p>The Panicosaurus: Managing Anxiety in Children Including Those with Asperger Syndrome</p> <p><i>Kay Al-Ghani</i></p>
	<p>When My Worries Get Too Big: A Relaxation book for Children who Live with Anxiety</p> <p><i>Kari Dunn Buron</i></p>
	<p>Breathing makes it better: A Book for Sad Days, Mad Days, Glad Days and All the Feelings in Between</p> <p><i>Christopher Willard and Wendy O'Leary</i></p>
	<p>The Huge Bag of Worries</p> <p><i>Virginia Ironside and Frank Rogers</i></p>

Demand Avoidant Presentations:

	<p>Understanding Pathological Demand Avoidance Syndrome in Children: A Guide for Parents, Teachers and Other Professionals</p> <p><i>Phil Christie</i></p>
	<p>The Educator's Experience of Pathological Demand Avoidance: An Illustrated Guide to Pathological Demand Avoidance and Learning</p> <p><i>Laura Kerbey</i></p>
	<p>Pathological Demand Avoidance Syndrome - My Daughter is Not Naughty</p> <p><i>Jane Alison Sherwin</i></p>
	<p>Can I tell you about Pathological Demand Avoidance syndrome?</p> <p><i>Ruth Fidler and Phil Christie</i></p>

	<p>Why Do I Have To? - A Book for Children Who Find Themselves Frustrated by Everyday Rules</p> <p><i>Laurie Leventhal-Belfer</i></p>
	<p>Pathological Demand Avoidance Explained</p> <p><i>Sally Cat</i></p>
	<p>The Family Experience of PDA: An illustrated Guide to Pathological Demand Avoidance</p> <p><i>Eliza Fricker</i></p>

Updated in October 2024. The above suggestions are based on resources which we have found useful when working with children with autism and related difficulties at Freemantles School.