



Here is a list of storybooks on supporting your child with separation anxiety, fears, and worries.

Separation anxiety and fears

- Jeanette Bradley, *Love, Mama*, 2–5
- Tracey Corderoy, *I Want My Mommy*, 3–5
- Michael Dahl, *Penguin Misses Mom*, 3–5
- Kimberly Gee, *Sad, Sad Bear*, 2–5
- Laurel Goodluck, *Forever Cousins*, 4–6
- Patrice Karst, *The Invisible String*, 3–8
- Audrey Penn, *The Kissing Hand*, 4–6
- Dan Riskin, *Fiona the Fruit Bat*, 4–7
- Cornelia Spelman, *When I Miss You*, 3–5

Anxiety and worries

- Davina Bell, *Captain Starfish*, 4–7
- Michael Ian Black, *I'm Worried*, 3–7
- Rachel Bright, *Worrysaurus*, 3–6
- Suzanne Chiew, *The Worry Box*, 3–7
- Emily Gravett, *Little Mouse's Big Book of Fears*, 3–7
- Andi Green, *Don't Feed the Worry Bug*, 4–8
- Robie Harris, *When Lions Roar*, 3–6
- Kevin Henkes, *Wemberly Worried*, 4–8
- Nadiya Hussain, *My Monster and Me*, 3–6
- Todd Parr, *The Don't Worry Book*, 3–5
- Christine Peck, *Too Many Bubbles: A Story About Mindfulness*, 3–7
- Tom Percival, *Ruby Finds a Worry*, 3–7
- Mark Pett, *The Girl Who Never Made Mistakes*, 3–6
- Francesca Sanna, *Me and My Fear*, 3–7
- Mélanie Watt, *Scaredy Squirrel* (series), 4–7
- Susan Whelan and Gwynneth Jones, *Don't Think About Purple Elephants*, 2–7

