



FAMILYCARE WORKSHOP RESOURCE LIST

Websites: Hey Sigmund a website by Karen Young, containing videos and articles for parents, children and teenagers.

<https://www.heysigmund.com/treehouse/>

<https://www.heysigmund.com/help-kids-feel-calm/>

<https://www.heysigmund.com/connection-in-the-time-of-corona/>

Raising Children: the Australian parenting website.

<https://raisingchildren.net.au/school-age>

<https://raisingchildren.net.au/school-age/health-daily-care/mentalhealth/generalised-anxiety>

People making is an online book store in Melbourne specialising in resources to support emotional intelligence and personal growth.

www.peoplemaking.com.au

Beacon House. Resources to develop understanding and support for children who have experienced trauma. Also relevant if a child is being triggered into flight fight freeze responses.

[https://beaconhouse.org.uk/wp-](https://beaconhouse.org.uk/wp-content/uploads/2019/09/Brainstem-CalmerActivities.pdf)

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Smiling Mind – website and app with great resources on mindfulness and calming activities for children and adults alike;

<https://www.smilingmind.com.au/>

Children's Books.

Hey Warrior by Karen Young.

Hey Awesome by Karen Young.

Please Explain Anxiety to Me! By Laurie and Jordan Zelinger.



I'm Worried by Brian Moss

Starving the Anxiety Gremlin by Kate Collins-Donnelly. A cognitive Behaviour Workbook on Anxiety Management for 5 to 9 year olds.

The worry Warts by Pamela Duncan Edwards

Don't Think About Purple Elephants by Susan Whelan & Gwynneth Jones.

Owl Babies by Martin Waddell. (Sometimes used with separation anxiety.)

Don't Worry Little Crab by Chris Haughton.

The Panicosaurus, Managing Anxiety in children including those with Aspergers Syndrome by K I Al-Ghani.

When I'm Feeling series, by Trace Moroney

YouTube clips

Empathy vs Sympathy (Child friendly) Brene Brown.

<https://www.youtube.com/watch?v=HznVuCVQd10>

Blame. Brene Brown.

https://www.youtube.com/watch?v=RZWf2_2L2v8

Window of Tolerance by Beacon House

<https://www.youtube.com/watch?v=Wcm-1FBrDvU>

The repair of early Trauma: A bottom up approach Beacon House.

<https://www.youtube.com/watch?v=FOCTxcaNHeg>

It's Not About The Nail <https://www.youtube.com/watch?v=-4EDhdAHRog>

Emotion coaching and parenting styles

<https://www.youtube.com/watch?v=jWJIRTi7YH8>