

CHILDHOOD FEARS, WORRY, AND ANXIETY

Alter, A. Disappearing Desmond. Desmond is so skilled at disappearing that sometimes even his teacher cannot find him, but when he meets Gloria, a new student at school, his attitude slowly changes. jP Alter

Baer, J. I Only Like What I Like. His full name is Dewey Jackson Braintree-Berg and he only likes what he likes. He only likes one certain black and white cat. He only likes an apple if it's red. And he only likes one particular yellow and white house. You'd think that a boy with such set likes and dislikes would hardly ever have any fun, but under some very special circumstances he might like something else. j PAR PIC Baer

Bottner, B. The Scaredy Cats. Mama and Papa Scaredy Cat are not your ordinary felines. They're terrified of *everything*, and so they do nothing. They don't get dressed. They don't open mail. They don't even watch sunsets. Thankfully, Baby Scaredy Cat sees that not being brave at all is just plain silly....But can she help her scared parents find the courage to look at the brighter side of things? jP Bottner

Boxall, E. Francis the Scaredy Cat. Although Francis the cat is afraid of the whispery hissing monster he hears in the tree outside, he faces his fear when he thinks the monster may have captured his good friend Ben. jP Boxall

Bradman, T. Flora the Fairy. Some fairy magic helps Flora overcome her fear of Rufus the cat when she goes to visit her Grandma and Grandpa. jE Bradman

Carlson, N. Harriet's Recital. Harriet overcomes her stage fright and dances successfully and proudly at her ballet recital. jE Carlson

Diesen, D. The Pout-Pout Fish in the Big-Big Dark. Mr. Fish feels nervous venturing deep in the sea to look for Ms. Clam's lost pearl until Miss Shimmer helps him conquer his fear of the dark. jP Diesen

Eaton, D. Monster Songs. Hal is afraid of the creature that sings under his bed until his big brother Jack helps him conquer his nighttime fears. jE Eaton

Emberley, E. Go Away, Big Green Monster! Die-cut pages through which bits of a monster are revealed are designed to help a child control nighttime fears of monsters. jP Emberley

Ernst, L. Bubba and Trixie. An adventuresome ladybug befriends an apprehensive caterpillar and helps him learn to enjoy life and be happy with what he is and what he becomes. jP Ernst

Espinosa, L. Otis and Rae and the Grumbling Splunk. While on their first camping trip ever, Rae looks forward to tracking a wild beast but it is a fearful Otis who first encounters the Grumbling Splunk, whose grumbling might not be so scary after all. jP Espinosa

Fitzpatrick, M. Lizzy and Skunk. "Isn't life wonderful?" said Skunk. "But scary," said Lizzy. Lizzy and her hand puppet, Skunk, have lots of adventures, with courageous Skunk leading

the way. The friends are inseparable--until the day that Skunk gets lost. Then it's Lizzy who has to be the brave one.... j PAR PIC Fitzpatrick

Golembe, C. Dog Magic. Little Molly Gail loves all kinds of animals, but she is afraid of dogs - dogs with sharp teeth, dogs that drool and lick, big dogs that like to jump up on little people. Nothing short of magic, it seems, will make Molly Gail like dogs. Perfect for anyone, big or small, who has ever been afraid of dogs. j PAR PIC Golembe

Gravett, E. Little Mouse's Big Book Of Fears. Spiders: Little Mouse is afraid of them (arachnophobia). Shadows: Little Mouse is afraid of those (sciaphobia). In fact, Little Mouse is afraid of *everything*. Join her as she faces her fears and records them in her journal - and discovers that even the biggest people are afraid of some things. j PAR PIC Gravett

Hazen, B. Alone at Home. Amy experiences some scary moments when she finally gets the chance to babysit herself. j Hazen

Heide, F. Some Things Are Scary. You're skating downhill, but you don't know how to stop. You're having your hair cut, and you suddenly realize . . . they're cutting it too short. There's no question about it: some things are scary. Florence Parry Heide's witty text and Jules Feiffer's over-the-top illustrations will get even the most anxious readers laughing, while reassuring them (no matter how old they are) that they're not alone in their fears. j PAR PIC Heide

Henkes, K. Wemberly Worried. A mouse named Wemberly, who worries about everything, finds that she has a whole list of things to worry about when she faces the first day of nursery school. jP Henkes

Hicks, B. Jitterbug Jam. Bobo is a young monster who's afraid to sleep in his own bed. He is sure there is a boy hiding beneath it - a boy with "pink skin and orange fur on his head where his horns should be." Bobo's older brother thinks he's a fraidy-cat, but his grandpa, Boo-Dad, knows all about these fearful creatures. And Boo-Dad knows exactly what to do to scare them away. But after being afraid for so long, Bobo might just want to take matters into his own paws and find out if the creature under his bed really is as bad as he thinks. jP Hicks

Koller, J. No Such Thing. Even though his mother says there are no monsters, a frightened Howard is convinced that a boy-eating monster is under his bed, while under the bed, a boy-fearing Monster fears the monster-eating boy he thinks is above the bed. jP Koller

Lester, H. Something Might Happen. Twitchly Fidget won't shampoo, eat his cereal, or put on his sneakers. In Twitchly's imagination, each opportunity poses the threat of disaster. So he just sits alone in his dreary, windowless, doorless hut and waits for his fears to be realized. Then one day something does happen: Twitchly's Aunt Bridget Fidget drops in for a visit, and she can see right away that Twitchly needs a fixin'. But will she be able to persuade Twitchly to confront his fears? jP Lester

London, J. Froggy Learns to Swim. Froggy is afraid of the water until his mother, along with his flippers, snorkle, and mask, help him learn to swim. jP London

Mayer, M. There Are Monsters Everywhere. A boy who is certain that his house is filled with monsters takes a karate class in order to vanquish them. jP Mayer

McElligott, M. Absolutely Not. Gloria is brave, but Frieda is absolutely not. Gloria wants to go for a walk but Frieda absolutely does not. Everything is scary from Frieda's point of view—the river looks suspiciously like a snake, and is that a moldy old log over there, or a ferocious dog? When Frieda cries wolf one too many times, Gloria stops listening to her. But what's that in the bushes? Are the two little friends in danger, or is it another figment of Frieda's imagination?

jP McElligott

McGhee, A. Bye-Bye Crib. After his initial refusal to venture into what he sees as an enormous, child-eating monster, where he might get lost in the sheets, suffer frostbite, or never be heard from again, a little boy relents, first tossing his Red Blankie (might that someday be a cape?) and Big Pillow ahead as scouts. Seeing that they seem no worse for wear, he works up his courage (and his muscles), holds tight to his faithful stuffed sidekick, Baby Kitty, and takes the plunge himself. j PAR PIC McGhee

Moss, M. Regina's Big Mistake. When told to draw a jungle in art class, Regina experiences feelings of failure and creative insecurity, but manages to create a beautiful picture that's all her own. jP Moss

Niner, H. Mr. Worry: A Story About OCD. Eight-year-old Kevin is frustrated by his need to check things and repeat actions over and over until a counselor diagnoses obsessive-compulsive disorder (OCD) and teaches him ways to manage this condition. Includes a note for parents and teachers explaining OCD. j 616.85 Niner

Pitzer, S. Not Afraid Of Dogs. Daniel isn't afraid of spiders. He isn't afraid of snakes. He isn't even afraid of thunderstorms. And no matter what his sister says, he's certainly not afraid of dogs — he just doesn't like them. But there's no avoiding them when he comes home and his mother is babysitting his aunt's dog. j PAR PIC Pitzer

Polacco, P. Thunder Cake. Grandma consoles her frightened granddaughter by telling her that the dark clouds of the impending storm are nothing more than the ingredients for a Thunder Cake. jP Polacco

Rosoff, M. Jumpy Jack & Googily. Meet Jumpy Jack, a very nervous snail who's afraid of monsters, and Googily, who *is* a—well, who is a very good friend, indeed. Wherever they go, Googily kindly checks high and low just to make sure there are no scary monsters about. But as every child knows, monsters come in many shapes and sizes. Some are even blue with hairy eyebrows and pointy teeth. jP Rosoff

Stein, M. Brave Ben. Ben is fed up with being afraid of everything, but in order to get the help he thinks he needs, he must overcome several potentially scary situations involving dragons, spiders, and witches. j PAR PIC Stein

Stevenson, H. Big Scary Wolf. Rose is too scared to sleep at night because she knows there's a big, scary wolf in her room, so she tells Papa about it and he helps her dispel her fears. jP Stevenson

Van Leeuwen, J. Amanda Pig and The Awful Scary Monster. Amanda the pig sees monsters at night, but her parents and her brother find different ways to convince her that there are no monsters. jE Van Leeuwen

Velthuijs, M. Frog Is Frightened. Frog and his friends, Duck and Pig, don't believe in ghosts, until they all hear frightening noises in the dead of night. They huddle together for comfort in Pig's bed. In the morning, it is Hare who gets a real fright when he finds Frog's house empty and gets no answer at Pig's. That's because the three friends are now fast asleep!
jP Velthuijs

Viorst, J. Just In Case. Charlie is a boy who is always ready for anything...*just in case*. What if it's raining very hard — so hard that rain could come into the house and make the furniture float? Charlie has a plan to keep himself dry...*just in case*. Charlie likes to be ready for anything. But as Charlie is about to find out, sometimes *not* being ready is even better.
j PAR PIC Viorst

Waber, B. Courage. Provides examples of the many kinds of courage found in everyday life and in unusual circumstances, from tasting the vegetable before making a face to being a firefighter or police officer. j PAR PIC Waber

Waddell, M. Let's Go Home, Little Bear. When Little Bear is frightened by the noises he hears while walking in the snowy woods, his friend Big Bear reassures him. jP Waddell

Watt, M. Scaredy Squirrel. Meet Scaredy Squirrel, a squirrel who never leaves his nut tree because he's afraid of the unknown "out there." But then, something unexpected happens that may just change his outlook. jP Watts

Wells, R. Felix and the Worrier. The Worrier visits Felix night after night, reminding him of what could go wrong the next day, until the night that a special birthday present changes everything. j PAR PIC Wells

Williams, C.K. A Not Scary Story About Big Scary Things. A little boy walking through an ordinary forest encounters an extraordinary monster. jP Williams

Wilson, K. Bear Feels Scared. Bear's animal friends come to his rescue when he becomes lost and frightened in the woods. jP Wilson

Wilson, K. Don't be afraid, Little Pip. Afraid to swim, Pip the penguin would much rather learn to fly. jP Wilson