

Review of Dawn Huebner, PhD's series of books by Leah Grant, MSW, LICSW

Over the past few years, Dawn Huebner, PhD, has created a series of books to help children ages 6-12 overcome anxiety, anger, negativity, OCD, and sleep problems. Each book addresses a particular topic and is structured like a workbook for kids to use with their parents or caregivers. The titles are:

“What to do When You Worry Too Much: A Kid’s Guide to Overcoming Anxiety”

“What to do When You Grumble Too Much: A Kid’s Guide to Overcoming Negativity”

“What to do When Your Temper Flares: A Kid’s Guide to Overcoming Problems with Anger”

“What to do When Your Brain Gets Stuck: A Kid’s Guide to Overcoming OCD”

“What to do When You Dread Your Bed: A Kid’s Guide to Overcoming Problems with Sleep”

Each book comes with an introduction for parents and caregivers that explains what the book is about and the best ways to use it. The next sections are very kid- and user-friendly, explaining in easy-to-understand terms what the problem is and how to change the troublesome behaviors.

These workbooks are meant to be used by kids with their parents or caregivers. I have copies in my office that I show to both the parent and the child to see whether they would find it helpful. I also emphasize that these books work best when used together; it’s a learning process for both adult and child.

I’ve had great success with these books, especially the one that addresses anxiety. What makes it so fun is Dr. Huebner’s friendly approach and easy activities. The illustrations are helpful additions with enough whimsy to bring a smile to even the most reluctant child’s face. This series is definitely worth investigating for your 6-12 population.