

Anxiety 101 - Resource List

- **Dr. Siegel's Hand Model of the Brain**
 - Using a simple hand model to explain emotional and cognitive interconnections.
 - [Dr. Daniel Siegel - Hand Model of the Brain Video \(2:31\)](#)
- **Responding to Children's Emotional Needs & Good Enough Parenting**
 - [Circle of Security Video \(4:23\)](#)
- **In Brief Early Childhood Mental Health**
 - Early experiences interact with genes to shape the architecture of the developing brain; disruptions in this developmental process can impair a child's capacities for learning and relating to others with lifelong implications
 - [InBrief: Early Childhood Mental Health Video \(5:06\)](#)
- **Children's Books About Worrying**
 - ["Books for Worries"](#)
- **Baby Blues Connection**
 - [Baby Blues Connection](#)
 - [Baby Blues Connection - Resource List](#)
- **Mind in the Making:** Children's literature and accompanying 'tip sheet' guide for adults executive Function: focus and attention
 - [Skill Building Book Tips](#)
- **Infant Mental Health & Early Care and Education Providers—Center for Social and Emotional Learning (CSEFEL).** *Research Synthesis: Infant Mental Health and Early Care and Education Providers*, The Center on the Social and Emotional Foundations for Early Learning. http://csefel.vanderbilt.edu/documents/rs_infant_mental_health.pdf
- **National Scientific Council on the Developing Child (2020).** *Connecting the Brain to the Rest of the Body: Early Childhood Development and Lifelong Health Are Deeply Intertwined* Working Paper No. 15. <https://developingchild.harvard.edu/resources/connecting-the-brain-to-the-rest-of-the-body-early-childhood-development-and-lifelong-health-are-deeply-intertwined/>
- **Weitzman C, Wegner L, et al. (2015).** Promoting optimal development: Screening for behavioral and emotional problems, *Pediatrics* 135(2):384-395. <https://publications.aap.org/pediatrics/article/135/2/384/33387/Promoting-Optimal-Development-Screening-for>

| Tool | Ages | Cost | Parent Completed | Psychometrics | Access |
|--|---------------------|---|---|---|---|
| Baby Pediatric Symptom Checklist | 2-17 months | Non-proprietary | Yes—12 items | Normed (not validated) | https://www.tuftschildrens hospital.org/The-Survey-of-Well-being-of-Young-Children/Parts-of-the-SWYC/BPSC |
| Preschool Pediatric Symptom Checklist | 18-60 months | Non-proprietary | Yes—18 items | Normed (not validated) | https://www.tuftschildrens hospital.org/The-Survey-of-Well-being-of-Young-Children/Parts-of-the-SWYC/PPSC |
| Ages and Stages: SE-2© | 1-71 months | Starter kit: \$295 Xerox forms | Yes English & Spanish | Validity 84% Test-retest reliability 89% | https://agesandstages.com/products-pricing/asqse-2/ |
| Parent Stress Index (PSI™-4, long form) (PSI-4-SF, short form) | 1 month to 12 years | PSI-4 Introductory Kit: \$296 PSI-4-SF Kit: \$181 Cost to replenish forms | Yes—120 items (long form); 36 items (short form) English & Spanish | Normed | |
| Spence Preschool Anxiety Scale | 3-6 years | Non-proprietary | yes, 34 items | Standardized & normed by gender & age | https://www.scaswebsite.com/ |
| Safe Environment for Every Kid (SEEK): basic needs & caregiver risks (depression, major stress, substance use, intimate partner violence, food insecurity, harsh punishment) | N/A | SEEK License ("may include a fee") Fee waiver possible | Yes (SEEK PQ-R)—16 items English & Spanish | | https://seekwellbeing.org/ CME, MOC Part 2, MOC Part 4 available for a fee |