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]


<table>
<thead>
<tr>
<th>Tool</th>
<th>Ages</th>
<th>Cost</th>
<th>Parent Completed</th>
<th>Psychometrics</th>
<th>Access</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baby Pediatric Symptom Checklist</td>
<td>2-17 months</td>
<td>Non-proprietary</td>
<td>Yes—12 items</td>
<td>Normed (not validated)</td>
<td><a href="https://www.tuftschildrenshospital.org/The-Survey-of-Well-being-of-Young-Children/Parts-of-the-SWYC/BPSC">https://www.tuftschildrenshospita...</a></td>
</tr>
<tr>
<td>Preschool Pediatric Symptom Checklist</td>
<td>18-60 months</td>
<td>Non-proprietary</td>
<td>Yes—18 items</td>
<td>Normed (not validated)</td>
<td><a href="https://www.tuftschildrenshospital.org/The-Survey-of-Well-being-of-Young-Children/Parts-of-the-SWYC/PPSC">https://www.tuftschildrenshospita...</a></td>
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<tr>
<td>Parent Stress Index (PSI™-4, long form) (PSI-4-SF, short form)</td>
<td>1 month to 12 years</td>
<td>PSI-4 Introductory Kit: $296</td>
<td>Yes—120 items (long form); 36 items (short form)</td>
<td>English &amp; Spanish Test-retest reliability 89%</td>
<td></td>
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<tr>
<td>Spence Preschool Anxiety Scale</td>
<td>3-6 years</td>
<td>Non-proprietary</td>
<td>yes, 34 items</td>
<td>Standardized &amp; normed by gender &amp; age</td>
<td><a href="https://www.scaswebsite.com/">https://www.scaswebsite.com/</a></td>
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<tr>
<td>Safe Environment for Every Kid (SEEK): basic needs &amp; caregiver risks (depression, major stress, substance use, intimate partner violence, food insecurity, harsh punishment)</td>
<td>N/A</td>
<td>SEEK License (&quot;may include a fee&quot;)</td>
<td>Yes (SEEK PQ-R)—16 items</td>
<td>English &amp; Spanish</td>
<td><a href="https://seekwellbeing.org/">https://seekwellbeing.org/</a> CME, MOC Part 2, MOC Part 4 available for a fee</td>
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</tbody>
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