

## 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](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
<b>Baby Pediatric Symptom Checklist</b>	2-17 months	Non-proprietary	Yes— 12 items	Normed (not validated)	<a href="https://www.tuftschildrenshospital.org/The-Survey-of-Well-being-of-Young-Children/Parts-of-the-SWYC/BPSC">https://www.tuftschildrenshospital.org/The-Survey-of-Well-being-of-Young-Children/Parts-of-the-SWYC/BPSC</a>
<b>Preschool Pediatric Symptom Checklist</b>	18-60 months	Non-proprietary	Yes— 18 items	Normed (not validated)	<a href="https://www.tuftschildrenshospital.org/The-Survey-of-Well-being-of-Young-Children/Parts-of-the-SWYC/PPSC">https://www.tuftschildrenshospital.org/The-Survey-of-Well-being-of-Young-Children/Parts-of-the-SWYC/PPSC</a>
<b>Ages and Stages: SE-2©</b>	1-71 months	Starter kit: \$295 Xerox forms	Yes  English & Spanish	Validity 84%  Test-retest reliability 89%	<a href="https://agesandstages.com/products-pricing/asqse-2/">https://agesandstages.com/products-pricing/asqse-2/</a>
<b>Parent Stress Index (PSI™-4, long form) (PSI-4-SF, short form)</b>	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	
<b>Spence Preschool Anxiety Scale</b>	3-6 years	Non-proprietary	yes, 34 items	Standardized & normed by gender & age	<a href="https://www.scaswebsite.com/">https://www.scaswebsite.com/</a>
<b>Safe Environment for Every Kid (SEEK):</b> 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		<a href="https://seekwellbeing.org/">https://seekwellbeing.org/</a>  CME, MOC Part 2, MOC Part 4 available for a fee