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The Relaxation & Stress Reduction Workbook for Kids, written by two child therapists, offers more than fifty activities you can do together as a family to help you and your child replace stressful and anxious feelings with feelings of optimism, confidence, and joy.

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The Relaxation & Stress Reduction Workbook for Kids: Help for Children to Cope with Stress, Anxiety & Transitions By: Lawrence E. Shapiro & Robin K. Sprague  
[The Relaxation and Stress Reduction Workbook for Kids ...](#)

Children pay close attention to their parents' moods. When parents feel upset, their kids may become anxious, and when parents wind down, children also get the chance to relax. When you feel overwhelmed and stressed, it can be hard to help your child feel balanced. The Relaxation & Stress Reduction Workbook for Kids, written by two child  
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### **Kids**

The Relaxation and Stress Reduction Workbook for Kids: Help for Children to Cope with Stress, Anxiety, and Transitions by Lawrence E. Shapiro, Robin K. Sprague, Matthew McKay

### **The Relaxation and Stress Reduction Workbook ...**

Martha Davis, PhD, was a psychologist in the department of psychiatry at Kaiser Permanente Medical Center in Santa Clara, CA, where she practiced individual, couples, and group psychotherapy for more than thirty years prior to her retirement.

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### **The Relaxation & Stress Reduction Workbook for Kids ...**

Lawrence E. Shapiro, PhD, is an internationally known child psychologist and parenting expert in Norwalk, CT. He has written over fifty books for parents, children, and mental health professionals. Robin K. Sprague, LCPC, is a licensed clinical professional counselor in Bangor, ME. She holds a