

BOOKS TO GROW WITH NEWSLETTER FOR MAY 2004

Hello,

In this month's issue, we talk with Dr. Robert (Bob) W. McLellarn, a licensed Clinical Psychologist and the founder and director of The Anxiety and Panic Treatment Center in Portland, Oregon. He specializes in the treatment of anxiety disorders in children, adolescents and adults.

* * *

EDITOR'S NOTE

It's a busy time, as the official publication date approaches for *Books to Grow With: A Guide to Using the Best Children's Fiction for Everyday Issues and Tough Challenges!* Next month I'll travel to the American Library Association's annual meeting in Orlando, and report back on the many workshops and presentations.

* * *

NEW BOOKS AND TOPICS OF INTEREST

We're now featuring our new books and topics each month right on the website, at www.lutrapress.com. Check the tab marked "Idea of the Month" for the latest new books on a wide variety of topics.

* * *

OUR DISCUSSION TOPIC FOR MAY: ANXIETY AND CHILDREN'S BOOKS A Conversation with Dr. Bob McLellarn.

Cheryl: Hello Bob. Let's start by talking about with the patients you typically see. What age range are they? And, can you generalize about gender?

Bob: I treat all ages if they have an anxiety disorder. The majority of my clients are women, probably about 60% female and 40% male.

Cheryl: What issues primarily lead parents to bring kids to you?

Bob: Of course, anxiety is the main concern, but parents are often eager to find a solution for their child that does not involve medication. Parents often seek out their child's pediatrician or a child psychiatrist first (both of whom are likely to prescribe medication first) because they are so eager to get help and don't realize that there are other options out there besides medication.

Cheryl: What role might children's fiction play in your therapy or in any follow-up at home that you might suggest to parents?

Bob: Children's fiction could play a very important role for both parents and children. There isn't a lot of information out there for parents or children about how to cope with anxiety disorders and stories about how other children have coped with their anxiety would be extremely helpful. Children need some models of what to do and they need to have hope that things can get better. Parents are in the same boat. Parents often eagerly seek out any reading materials I suggest.

Cheryl: How do you find appropriate books?

Bob: I find appropriate books in a variety of ways. A new way now will be to use your book. At national conferences there are often bookstores and I find lots of materials there. Talking to other colleagues is very helpful. Finally, some parents have researched for themselves and will often tell me about new books they have found.

Cheryl: How might you suggest to parents that they use a particular book?

Bob: For younger children, reading the book with their child and discussing it chapter by chapter would be appropriate. As the child gets older, have them read more on their own, but still have time to discuss the ideas together. Parents often have a good sense of the best way to help their child absorb the ideas.

Cheryl: Are there topics for which you've had difficulty finding books for kids?

Bob: In the area of fiction books for kids dealing with anxiety the question really should be "Are there any topics for which you haven't had difficulty finding books for kids?" There really isn't much out there that I know of.

Do you have comments? Questions? Send them to cherylcoon@lutrapress.com and we will respond in our next newsletter.

* * *

NEXT MONTH'S SPECIAL FOCUS: ADOPTION

We'll examine how the range of adoption topics covered by fiction books has broadened in recent years to include Asian adoptions. We'll talk with a children's author who is the mother of two adopted children from Asia.

If you have received this newsletter in error or do not wish to continue to receive it, please let me know at cherylcoon@lutrapress.com.