



Info Rx

Obsessive Compulsive Disorder

Many people have small habit or rituals that make themselves feel better. It could be a lucky item or a comforting routine. For people with obsessive-compulsive disorder (OCD), these behaviours are much more intense and disruptive and are fueled by unwanted thoughts that don't go away.

Borrow these books from the FCRC or check your local library!

Talking Back to OCD

John S. March

Each chapter begins with a section that helps readers zero in on specific problems and develop skills they can use to tune out obsessions and resist compulsions.

What to Do When Your Child Has Obsessive-Compulsive Disorder

Aureen Pinto Wagner

This book provides step-by-step guidance to parents of children with OCD. This book works alongside *Up and Down the Worry Hill*.

Up and Down the Worry Hill: A Children's Book about Obsessive Compulsive Disorder

Aureen Pinto Wagner and Paul A. Jutton

This children's book uses the Worry Hill as a metaphor to describe OCD and its treatment. This book works alongside *What to Do When Your Child Has Obsessive-Compulsive Disorder*.

Mr. Worry: A Story about OCD

Holly L. Niner

Kevin can't go the sleep at night until he has done many things. He checks under his bed again and again for a light he knows isn't there. He wants to stop but he can't.

Willow Wonders. Why do I Worry?

Wynne Radcliffe and Kristin Beckstorm Radcliffe

A 7 year old girl named Willow shares her experience coping with her daily struggles with OCD.



Payton is Afraid of Dirt

Shanna Simposon

Payton learns he has Obsessive Compulsive Disorder. With the help of his family and doctor, Payton learns how to manage his OCD.

The OCD Workbook: Your Guide to Breaking Free from Obsessive-Compulsive Disorder

Bruce Hyman and Cherlene Pedrick

In addition to providing day-to-day coping strategies for those with OCD, this book also includes information for family and friends about OCD.

Free from OCD: A Workbook for Teens with Obsessive-Compulsive Disorder

Timothy A. Sisemore

Free from OCD offers forty easy cognitive behavioral exercises to help teenagers manage their OCD symptoms.

Helping your Child with OCD

Lee Fitzgibbons

Created for the parents of children with OCD, this workbook offers techniques to help children manage their OCD.

What to Do When Your Brain Gets Stuck: A Kid's Guide to Overcoming OCD

Dawn Huebner (2007)

This self-help book for kids uses a variety of interactive activities to help children manage their OCD.

Take Control of OCD: The Ultimate Guide for Kids with OCD

Bonnie Zucker

Written for pre-teens, this guide uses a cognitive-behavioral therapy method to help kids manage their OCD.

Need more information?

Child Health Information Specialist

 403-955-7745  ChildHealthInfo@ahs.ca

 fcrs.ahs.ca/rx/ocd/

Family & Community Resource Centre

2nd Floor, Alberta Children's Hospital
28 Oki Drive NW, Calgary, AB, T3B 6A8

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Services

Alberta Children's Hospital

