



A.B.C.

Worry Free

By **Noel Foy**

Illustrated by **Olga and Aleksey Ivanov**



Max ran inside screaming, “*I GOT STUNG!*”

His mom rushed to his side with an ice pack, as their dog Snuffy fetched Max a box of tissues.

“*I’m never playing outside again!*” Max sobbed, wiping his tears.

“I know it hurts,” said Max’s mom, comforting him with a warm hug, “but playing inside forever doesn’t sound very fun.”

“*We’ll see about that!*” Max bawled.

That night, Max couldn't sleep. At last, he turned to Snuffy, who lay in her doghouse beside Max's bed. *"What am I gonna do Snuffy? How will I tell my friends I'm afraid to play outside?"*

Snuffy was busy chewing on a dog bone, and it gave Max an idea. *"That's it Snuffy! I'll just say I'm busy!"*





The following day, when Casey asked Max to ride bikes, can you guess what Max said? *“Oh, I’m busy today. I have to clean my room.”*

But do you think Max really cleaned his room? Nope! He just sat by the window and watched his friends ride bikes.

Max's jaw dropped to the floor. *"You?? You're not afraid of anything!"*

Chris chuckled. "Of course I am. I used to be afraid of dogs, if you can believe it."

"Dogs!" cried Max. *"But you're not afraid of Snuffy!"*

Chris smiled. "Not anymore. Thanks to A.B.C. Worry Free."

"A.B.C. Worry Free?" asked Max. *"How does it work?"*



Do you know a child who struggles with worry? Is fear holding them back from being the best they can be?

In *A.B.C. Worry Free*, author and neuroeducation consultant Noel Foy has developed an actionable approach to worry that will help children process everyday challenges and work through them.

“You’d be surprised what you can teach someone with the right attitude.”

“Do you think you could teach someone to worry less?”

Chris chuckled. “Absolutely. As long as they’re not afraid to learn something new.”

With anxiety among children at double-digit growth, adults are looking for tools children can adopt into their daily practice to manage those feelings. Using a clear three-step plan to shift their perspective on anxious or fearful thoughts, children can regain control over the vicious anxiety cycle. A special section for adults provides evidence-based tips for helping children develop the skills necessary to face and overcome worries and fears.



NOEL FOY

A former classroom teacher and Learning Specialist, Noel is founder of AMMPETM Neuroeducational Consulting. Her mission is to empower teachers, parents, counselors, coaches and students with quick, user friendly ways to decrease stress and boost engagement, learning, executive function and performance.

OLGA AND ALEKSEY IVANOV

Olga and Aleksey are a family team of children’s book illustrators, and have collaborated on over 100 books, using an unusual approach wherein both artists conceive, sketch, design and paint.



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A delightful and much-needed book to help children (and parents!) reduce anxiety by using a simple, doable technique.

Kathleen Kryza

Educational Consultant/Coach/Author

This is a terrific read aloud book to teach students a practical strategy for coping with the growing problem of childhood anxiety.

Joan Sedita

Founder and Author, *Keys to Literacy*

A wonderful lesson in managing anxiety by simply slowing down.

Christopher Willard

Author of *Raising Resilience: The Wisdom and Science of Happy Families and Thriving Children*

