

The Raising Socially Anxious Children Blog

Support for families raising children with anxiety and mood disorders

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Great news from Iris the Dragon

[admin](#) February 26th, 2009

I have great news from the Iris the Dragon series. If you're not familiar with the books:

Iris the Dragon is an educational company that publishes a series of children's illustrated books for children with special needs ranging from emotional, behavioral and developmental conditions. Children's books are an effective resource for caregivers to introduce topics to children and begin discussions on topics that can be difficult. Iris the Dragon books help to promote the acceptance of children with mental health challenges while at the same time offering a brighter future for these children.

Iris the Dragon is now offering her first two books "Catch a Falling Star" and "Lucky Horseshoes" in her series for free as a downloadable PDF. Visit the [store](#) to download your copy now!

As well Iris will be launching her 4th book April 2009 called "I Can Fix It." The new book focuses on educating her audiences about Asperger's Syndrome one of the Autism Spectrum Disorders (ASDs) and the importance of a caring community surrounding children with developmental, emotional and behavioral challenges.

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Iris the Dragon

[admin](#) May 23rd, 2008

In my need to continually find resources and helpful material for us all to enjoy I was contacted this week by the author who produces the book series of "Iris the Dragon". If you have a chance please take a look at their website.

New book to help children with anxiety launched during Children's Mental Health Week, May 4 -10th

May 11, 2008

OTTAWA – To mark Children's Mental Health Week, Iris the Dragon Inc. launched its third book in a series that helps children and parents address mental health issues. *Hole in One: A Tale from the Iris the Dragon Series* uses a fairy tale format to create awareness and discussion about anxiety disorders in children, specifically **social anxiety**.

Hole in One helps children understand anxiety as they read about the main character, Teeman, who dreams of being a professional golfer but whose ambition and ability to perform are inhibited by his anxiety. Upon meeting a friendly green dragon named Iris, Teeman is able to understand anxiety and learn techniques to help overcome it.

Author Gayle Grass created the series to help reduce the stigma associated with mental health and to generate understanding and awareness of mental health problems in children. "I personally experienced the effects that mental health problems had on children and their families," says Ms Grass. "I found that there were very few resources in the marketplace that dealt with children's mental health, and wanted to create a tool that would facilitate a dialogue between parents and children in a non-threatening format."

The book has been reviewed by Dr. Anand Prabhu, Registered Psychologist at the Children's Hospital of Eastern Ontario and Head of the Mood and Anxiety Team. "Anxiety disorders are the most common psychiatric disorder in children and adults," says Dr. Prabhu, who also wrote the book's epilogue. "It is estimated that roughly 13% of children and youth suffer from anxiety disorders, with more girls than boys receiving this diagnosis."

Iris the Dragon, a non-profit publisher, was created to provide educational material for adults and young readers to help facilitate a conversation between parents, teachers and children about issues relating to mental health and emotional wellness.

To celebrate their new book *Iris the Dragon* is offering a free book for every book purchased.

For more information about the release of *Hole in One* and to order your copy, visit www.iristhedragon.com

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