

# How You Accommodate Avoidance and Fix-Its

<b>Accommodation Type</b>	<b>How You Accommodate</b>
Provide too much reassurance	
Help child avoid situations or do things for them	
Help child with fix-it behaviors (like checking things out for them, washing things for them)	
Provide safety items (like too much hand sanitizer)	
Change family routine because of your child's anxiety	