

## How Sally's Mom Accommodates Avoidance and Fix-Its

<b>Accommodation Type</b>	<b>How You Accommodate</b>
Provide too much reassurance	<ul style="list-style-type: none"><li>• Answering her questions about germs over and over again</li></ul>
Help child avoid situations or do things for them	<ul style="list-style-type: none"><li>• Speaking for her in public</li></ul>
Help child with safety behaviors (like checking things out for them, washing things for them)	<ul style="list-style-type: none"><li>• Checking that her hands are clean after she washes them</li></ul>
Provide safety items (like too much hand sanitizer)	<ul style="list-style-type: none"><li>• Give her a special kind of soap</li><li>• Give her a special kind of hand sanitizer</li></ul>
Change family routine because of your child's anxiety	<ul style="list-style-type: none"><li>• Avoid going to public places (parks, shopping)</li><li>• Taking her home when she needs to use the restroom</li></ul>

# How Neil's Mom Accommodates Avoidance and Fix-Its

<b>Accommodation Type</b>	<b>How You Accommodate</b>
Provide too much reassurance	<ul style="list-style-type: none"><li>• Answer Neil's questions about where I am and my safety over and over</li></ul>
Help child avoid situations or do things for them	<ul style="list-style-type: none"><li>• Leaving lights on everywhere in the house at night</li><li>• Staying with Neil while he falls asleep at night</li></ul>
Help child with safety behaviors (like checking things out for them, washing things for them)	<ul style="list-style-type: none"><li>• Responding to Neil's text messages about where I am right away</li></ul>
Provide safety items (like too much hand sanitizer)	<ul style="list-style-type: none"><li>• Give him a Walkie Talkie so he can check on me during the night</li></ul>
Change family routine because of your child's anxiety	<ul style="list-style-type: none"><li>• Fall asleep outside my bed</li><li>• Staying home more often so Neil will not be alone</li><li>• Keeping the same schedule every weekend</li><li>• Changing family plans so his routine will not change</li></ul>