

FIX-ITS VS. COPING SKILLS

FIX-ITS

- Help your child feel less anxious in the short-term
- Get in the way of building confidence
- Do not help a child accomplish their goals
- Do not let your child learn about their fears
- Child feels like they need to do them
- Used too much
- Used rigidly or in a very certain way
- Often causes stress in a family

COPING SKILLS

- Help your child feel less anxious in the short-term
- Help your child face their fears
- Help your child accomplish their goals
- Used flexibly
- Do not cause stress in a family