

How You Accommodate Avoidance and Quick Fixes

Accommodation Type	How You Accommodate
Providing too much reassurance.	
Helping your child avoid situations or doing things for them.	
Helping your child with quick fixes (like checking things out for them, washing things for them).	
Providing items that help with avoidance and quick fixes (like too much hand sanitizer).	
Changing family routines because of your child's anxiety.	