

Quick Fixes

- Gets in the way of building confidence
- Does not help your child accomplish their goals
- Does not let your child learn something new about their fears
- Your child feels like they must use it
- It often causes stress for the family
- It is used rigidly or in a very specific manner
- It is used too much

Both help your child feel less anxious in the short-term, but quick fixes do not help your child face their fears in the long term.

Helpful Tools

- Helps your child face their fears
- Helps your child accomplish their goals
- It does not cause stress for the family
- It is used flexibly