

Pitfall: Accommodating

- **Constant accommodation can communicate to your child that their anxiety is justified and that they are unable to cope without external assistance.**
- **This can prevent them from developing the coping skills and resilience they need to independently navigating life's challenges and ultimately create more dependence on parents.**
- **To counteract, use the PEAK techniques of Reframing Thoughts-Shifting Emotions, Self-Talk to Self-Regulate, Supportive Statements, Reflective Questions, and Unilateral Actions.**