

Pitfall: Reassuring

- If you reassure your child too much, they may not be able to manage stress and uncertainty without external validation and affirmation**
- This creates a cycle of dependency, where children seek reassurance in increasingly trivial situations, leading to more anxiety and avoidance behaviors**
- To counteract, use the PEAK techniques of Reframing Thoughts/Shifting Emotions, Supportive Statements, and Reflective Questions**