

# Confident Parents Thriving Kids

## ANXIETY PROGRAM



Canadian Mental  
Health Association  
British Columbia  
*Mental health for all*

## Module 3: Reducing Accommodation

**Accommodation refers to those things as a parent that you do to try and prevent or reduce your child's anxiety.**

When we help protect children from situations they are afraid of, but are not actually dangerous, we can unintentionally give them the message that there is something scary and we don't think they can cope.

- **Types of accommodation:**
  1. Too much reassurance
  2. Allowing your child to avoid
  3. Changing your own routines
- **Make a Plan**
  1. Choose your target
  2. Plan for bumps in the road!
    - Things will often get worse before they get better
    - It is important to hold the line during these bumps
  3. Inform your child
    - If helpful, give your child a choice between targets.
  4. Celebrate their success!
    - Use rewards