

# Examples of accommodating behaviors

Accommodating a child or adolescent's anxiety-related behaviors is a double-edged sword. While it may seem easier or helpful to give into a child's demands, provide excuses, or avoid situations, in the long run it can have negative implications.

Here are a few examples of accommodating behaviors to help you recognize situations in your school.

- Allowing the child to leave the classroom when they feel anxious
- Providing excuses to others as to why child isn't talking
- Allowing frequent or unnecessary trips to the nurse's office
- Providing frequent reassurance for a worried child
- Completing assigned tasks for the child
- Avoidance – allowing a child to avoid certain activities, places, objects or persons because of anxiety
  - Allowing child to dictate work
  - Not calling on a socially anxious child in class
  - Allowing a child to not participate in group work

