anxiety institute

Clinician Guide

Identifying and Reducing School-Based Family Accommodations

This tool helps parents identify school-related accommodations, consider their role in maintaining anxiety, and gradually reduce them. Use collaboratively in session.

Common Examples of School-Related Accommodations

Family accommodation is when a family member steps in to ease a child's fears, even though the child could manage the situation on their own.

Check off any that apply:

- [ ] Allowing school avoidance (e.g., skipping or leaving early)
- [ ] Avoiding specific classes, peers, or teachers
- [ ] Permitting texts or calls for reassurance during school hours
- [ ] Completing or heavily assisting with homework
- [ ] Modifying routines to prevent distress (e.g., driving instead of taking the bus)



Family Reflection Prompts

1. What school situations most often trigger anxiety in your child?

2. How do you typically respond in those moments?

3. Have any of these responses become routine or expected?

4. Is there anything you are doing that you think maybe you shouldn't have to do?

3 Steps Towards Reducing an Accommodation

Select one accommodation to reduce. Emphasize that small, supported changes can have a significant impact.

Choose Your Target Accommodation:

Clinical Tip: Be sure to validate the caregiver's intentions. Use language like "supporting your child's independence" or "building long-term confidence" to frame behavior change.

Replacement Behavior/Strategy:



Starter strategies:

- Delay reassurance texts (e.g., wait 10+ minutes before responding)
- Coach child to send their own email or speak to the teacher
- Encourage the use of coping tools before school rather than avoiding the trigger

Step 1 (Week 1):

First small change:	*Progress notes:*

Step 2 (Week 2):

Additional actions to support change:	*Progress/backslide notes:*

Step 3 (Week 3):

Further reduction or replacement of the new strategy:	*Progress/backslide notes:*

Let us know if you'd like to learn more.
We're here to support you.

Call (844) 881-1846 or visit anxietyinstitute.com.