

Scaffolding Plan

When children are having difficulty doing things because of anxiety, it is helpful to provide some scaffolding to encourage and reward brave behaviors. Scaffolding is a great tool to set kids up for success by tackling a problem one step at a time.

First, name the desired end goal - the solution you want. Then, work backwards from there: list the hardest steps first, moving down the ladder to the easiest steps towards this goal. (Hint: The easiest step should be one that happens regularly already!) Once you have decided upon an easy first step, have the child practice this step (a brave behavior) repeatedly until they feel comfortable moving up to the next (harder) step. Practice, then praise, again and again, until they eventually reach the highest rung of the ladder.

Hard



Easy

Have a conversation with an unfamiliar kid at a birthday party.

Join in group activities.

Have a conversation with a friend at a birthday party.

Have picture taken.

Say "hi" to a new person.

Lie in bedroom while dad is not in sight, in an adjacent room.

Lie in bedroom while dad is in sight, but not in the room.

Say "hi" to a friend.

Play in bedroom while dad is not in sight, in an adjacent room.

Play in bedroom while dad is in sight, but outside of the bedroom.

Play on one side of the room with dad on the other side of the room.

Goal

Have a playdate
at home with
a friend.

