

AUTISM AND BEHAVIOUR

Parent workshop

Why do we see behaviours in our children?



What are they communicating?

Escape

Attention

....informing how we engage and address

Tangible

Sensory

What happens when behaviour is not supported?



Stages of behaviour

REACTING VS RESPONDING



Conflict can lead to risk, restriction & restraint

Reactions can lead to conflict

Behaviour can produce reactions

Feelings can change behaviours

Experiences can change feelings

Unlikely functions of behaviour

To upset you To hurt



WHY DO WE SUPPORT BEHAVIOUR?



Why do we support behaviour?

To increase independence

To raise self-esteem

To develop happiness and wellbeing

To maintain safety



Teaching children new behaviours

New behaviours have to be taught.

Be patient – learning new behaviours takes time

Our reactions

Our responses can increase or decrease the likelihood of the behaviour happening again.

It's difficult to completely stop a particular behaviour

Replacing a behaviour with a more positive/acceptable one

Focus on increasing positive behaviours



Positive approaches

Consistent language & strategies

Visual communication support

Praise and encouragement



Positive approaches

Teach communication skills

Teach negotiation skills

Adapt the environment

Increase structure

Reduce sensory overload



Encouragement

Focus on your successes

Don't abandon plans – stick to them, be consistent and adapt them over time



Useful strategies

Ignoring / distraction / replacement

Time out / Waiting time

Social Stories

Relaxation techniques

More useful strategies

Communication support:

Now and next charts

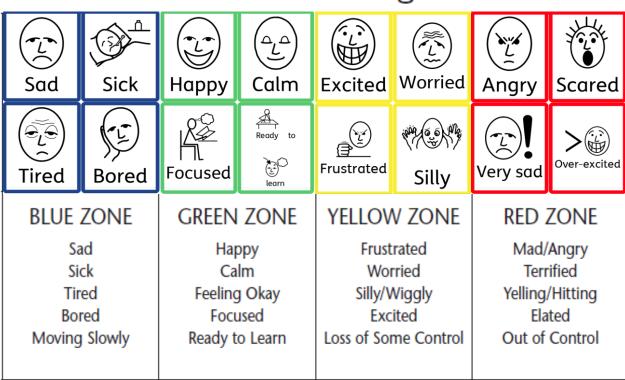
Schedules

Reward Charts

Zones of regulation

The ZONES of Regulation® Reproducible E The Zones of Regulation Visual

The **ZONES** of Regulation®





Tools for Each of My **ZONES**

When I feel... I can try... Нарру Calm Ready to Focused Excited Worried Frustrated Silly Scared

