



# AUTISM AND BEHAVIOUR

Parent workshop

# Why do we see behaviours in our children?



What are they communicating?

**E**scape

**A**ttention

....informing how we engage and address

**T**angible

**S**ensory

# What happens when behaviour is not supported?



Stages of behaviour

## REACTING VS RESPONDING

**Conflict**

**Conflict** can lead to risk,  
restriction & restraint

**Reactions**

**Reactions** can lead  
to conflict

**Behaviour**

**Behaviour** can  
produce reactions

**Feelings**

**Feelings** can  
change behaviours

**Experiences**

**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**

# 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



**SOME GOOD IDEAS**



# 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®

 Sad	 Sick	 Happy	 Calm	 Excited	 Worried	 Angry	 Scared
 Tired	 Bored	 Focused	 Ready to learn	 Frustrated	 Silly	 Very sad	 Over-excited
<b>BLUE ZONE</b> Sad Sick Tired Bored Moving Slowly		<b>GREEN ZONE</b> Happy Calm Feeling Okay Focused Ready to Learn		<b>YELLOW ZONE</b> Frustrated Worried Silly/Wiggly Excited Loss of Some Control		<b>RED ZONE</b> Mad/Angry Terrified Yelling/Hitting Elated Out of Control	

# Tools for Each of My ZONES

When I feel...

I can try...

 Sad	 Sick	
 Tired	 Bored	
 Happy	 Calm	
 Focused	 Ready to learn	
 Excited	 Worried	
 Frustrated	 Silly	
 Angry	 Scared	
 Very sad	 Over-excited	

Adapted for The Zones of Regulation from the original work of Barbara and Curtis The Incredible 5-Point Scale ©2003, www.5pointscale.com.

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