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ESIPP

EQUITY AND SOCIAL INCLUSION THROUGH
POSITIVE PARENTING

POSITIVE APPROACHES TO AUTISM

Module 6



European
University Cyprus
LAUREATE INTERNATIONAL UNIVERSITIES



University of Zagreb
Faculty of Education and
Rehabilitation Sciences



UNDERSTANDING AND MANAGING CHALLENGING BEHAVIOUR

Don't make the mistake of assuming the child with ASD is deliberately making behavioural choices

They just choose to behave that way !

The Can't vs Won't dilemma creates added difficulties for parents, in understanding what is 'normal' and what is Autism lead behaviour



It's just attention seeking !

He knows exactly what he's doing

**To change behaviour,
it helps to understand the behaviour**

... and if the person has autism ...



**To understand the behaviour,
it helps to understand the autism**

Wellbeing factors that impact on behaviour include:

- Poor emotional state
- Lack of sleep
- Poor diet
- Lack of physical activity
- Family isolation



Prevention: build in structure

Add structure + predictability

- The environment: what to do where
- Time: first...then....
when things start, finish and what next
- Routines for key tasks and activities in the day



1. Where have I got to be?
2. When have I got to be there?
3. What have I got to do?
4. What happens next?



Consequences: when and if ?

Consider consequences only when:

- ★ Preventive strategies are in place
- ★ New skills and behaviours are being promoted

Use only if the child:

- ★ Has the skills to behave differently
- ★ Is likely to understand and remember the link
- ★ Has something to lose



Crisis Tips

Remain Calm

Use Visual prompts

Withdraw to a quiet area

Give time to be quiet / process

Minimise language

Deflect or distract

Don't escalate the conflict

Remove (or remove from)
audience



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