

Managing difficult behaviour For children with social communication difficulties



Created by:
CAMHS Disability
Hackney Ark



Notice your child being good whenever you can, and give praise either in words, hugs and positive touches or smiles. **Praise any behaviour that you would be happy to see your child do again** - even the every day stuff!



Focus on your child's strengths. Boost your child's confidence by praising and encouraging whenever you can. It's easy for children to feel criticised - this makes them feel bad about themselves, which in turn makes them behave badly. **Increasing praise, increases good behaviour** - this helps to restore balance.



Remember to always hold in mind your **child's level of ability** and what they can and cannot do e.g. if you have never seen your child do something, do not expect them to be able to do it!



Give positive attention for behaviours you want to see more of.



Ignore behaviours you want to see less of only if it is safe to do so. As soon as misbehaviour stops, give positive attention again. If you can see a tantrum coming on, **distract** your child before it happens if possible.



When giving instructions, make sure you have your child's full attention. Say their name first. Get down to their level, try and get **eye contact** and keep **language simple** and clear. **Use signs and gestures to aid understanding** if needed.



Be positive. Tell your child what to do, rather than what not to do e.g. say "walk with mummy", rather than "don't run!"



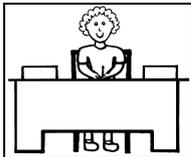


Make **rules** and **commands** simple so your child knows what they are. Repeat if necessary. Only **give 1 command at a time** and only give necessary or important information. Give your child **time to respond**.



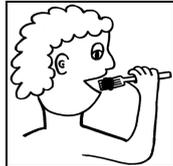
Set up routines. Children respond well to routines, because routines make it easier for them to know what they are supposed to do e.g. setting up simple **visual time tables** may help with this; **using pictures or photos** to illustrate routines may also help, you can draw these, or get pictures from the internet.

11:45-12:00



work

12:00-12:30



eat

12:30-1:00



play



Think about what you do **immediately** in response to misbehaviour. Consequences help children learn about their behaviour. Always **make consequences fair** and immediate and follow through on them. **Never use threats or say things you don't mean** as children quickly learn when you don't act on what you say. If you do not follow through or make empty threats, behaviour will get worse!



Give your child choices where possible so that they feel in control.

