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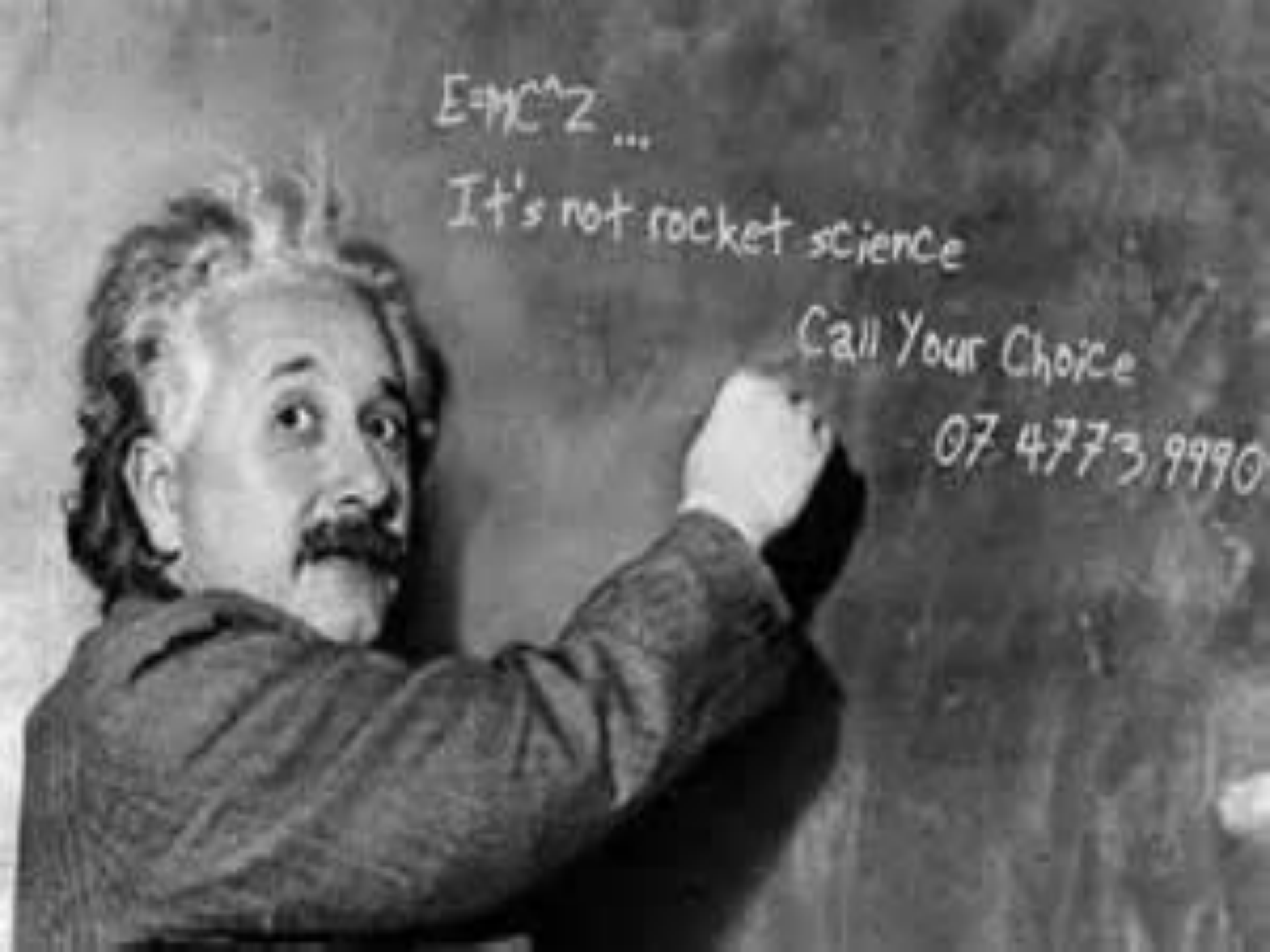
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10 ways to make me have 'challenging
behaviour'...and maybe what to do
about it?

*Dr. Damian E M Milton (based on the booklet by
Milton, Mills and Jones (2016)).*





$E=MC^2 \dots$

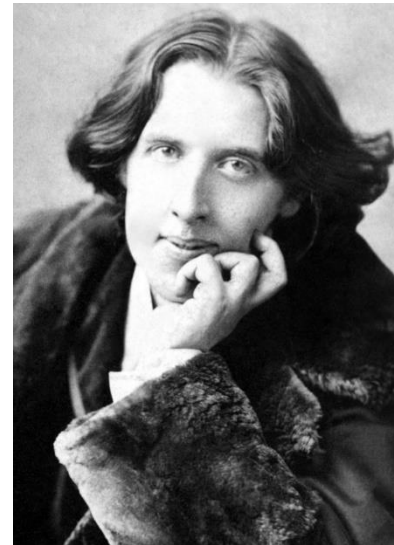
It's not rocket science

Call Your Choice

07 4773 9990

Oscar Wilde

“the best way to make children good is to make them happy”



Rule 1: If you don't understand me call me complex

...that way it is **all my fault and not yours: describe my attempts to communicate in derogatory terms** such as 'attention seeking' or 'manipulative' - Threaten to take my things away from me or restrict my life further if I don't change

- *Try to really understand me – see my point of view – not reduce me to ‘behaviours’*
- ***Be respectful.*** *Work hard to develop understanding and see ‘behaviour’ in terms of what a person is trying to say or is feeling*
- ***Be kind – be patient – be persistent – be reflective.*** *Use aids to help communication. Behave ethically and fairly*

Rule 2: If I get upset, send me to a doctor, so they can put me on medication

- *Stress is a huge issue, try and understand what is causing it*
- *Recognise when an autistic person is distressed to the point of losing control*
- *Reduce confrontation*
- *There is no medication to 'treat' challenging behaviour' and some nasty side effects that could make matters worse*



Rule 3: Take control of my life, do not allow me to make choices

- ***Build trust and rapport and good relationships***
- ***Make choice and control possible over small day-to-day things such as what to eat where to sit / How long to sit etc.***
- ***Be proactive in encouraging choice***
- ***Allow an escape route from stressful demands or situations***

Rule 4: Do not give me things to do that interest me

- but make me work very hard on things that do not...or things that I find difficult or really don't like...
- *Play to strengths – **recognise interests** – encourage expertise and knowledge*
- *Use interests to reduce stress and provide opportunity (not just as a reward for 'good behaviour')*
- *Recognise that intensive activity can be stressful and tiring*
- *Recognise achievement and **celebrate diversity***

Rule 5: Do not teach me good habits for health and wellbeing

- Give me a poor diet and no exercise – allow me to stay up half the night
- *Exercise and a healthy lifestyle can be interesting and fun – be innovative*
- ***Give information in ways that mean something to the autistic person to enable them make choices and adjustments that promote opportunities for personal growth***



Rule 6: Inflict your preferences and lifestyle on me

- Ensure that my life is filled with **your** idea of fun – take me to places **you** enjoy – like busy shopping malls.
Touch me when I'm least expecting it
- *Work out individual preferences and enable access to them. Sensory issues can be **VERY SEVERE***
- *Reduce the potential harm from 'stress triggers', such as noise, crowds, touch, and lighting. Facilitate quiet time*
- *Reduce language and **confrontation***

Rule 7: Ensure that my life has balance between boredom and sudden nasty surprises

- *Plan changes in advance where possible and work to achieve a balance of relaxation, rest and work – with some fun too*
- *...But base it on the person's own choices and preference. **Do not rely on words alone**, written and/or visual schedules can help*

Rule 8: Make sure I know that you don't like me very much

- Talk about me in hurtful ways – ignore me – be curt – bully me – talk about me as if I wasn't there
- *Make sure you let me know that you are on my side.*
- *Tell me **you are there to help me** – I might not know*
- *Encourage people **to see my good points** - Talk about me in positive terms.*
- ***Show me you care** – Tell me when I do well – encourage me – **be kind to me***



Rule 9: Prevent me from ‘indulging’ in my own ‘coping strategies’

- ‘Stimming’, pacing or rocking are things that I do to help calm me – so please physically assault me if I do this
- ***Recognise the importance of these activities to the person***
- *Facilitate opportunities to do - e.g. rocking chair - swings - roller coaster*
- *Understand that we all have diverse needs. Take the lead from the autistic person*



Rule 10: Expose me to things you know will stress me out – so I can get ‘used to them’

- *Avoid known stressors.*
- *Provide close support and gentle encouragement.*

Avoid confrontation



Rule 11: Do not keep to your promises (like having 11 rules instead of 10!)

- *Remember that autistic people **may be literal** or may not like vague or ambiguous language. Be precise*
- *It is important to **say what you mean and mean what you say***
- ***Be direct...**keep your word and promises*

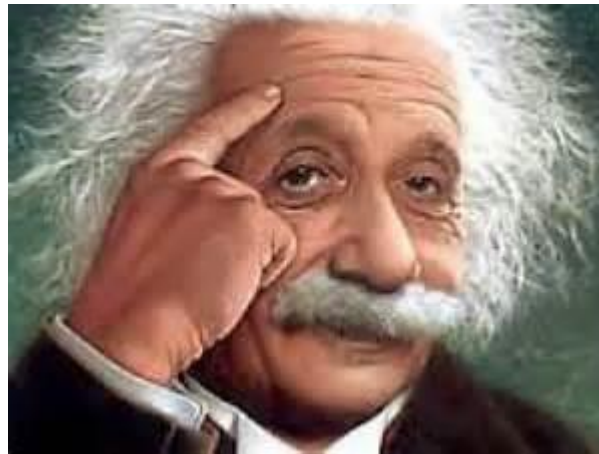


Henry James

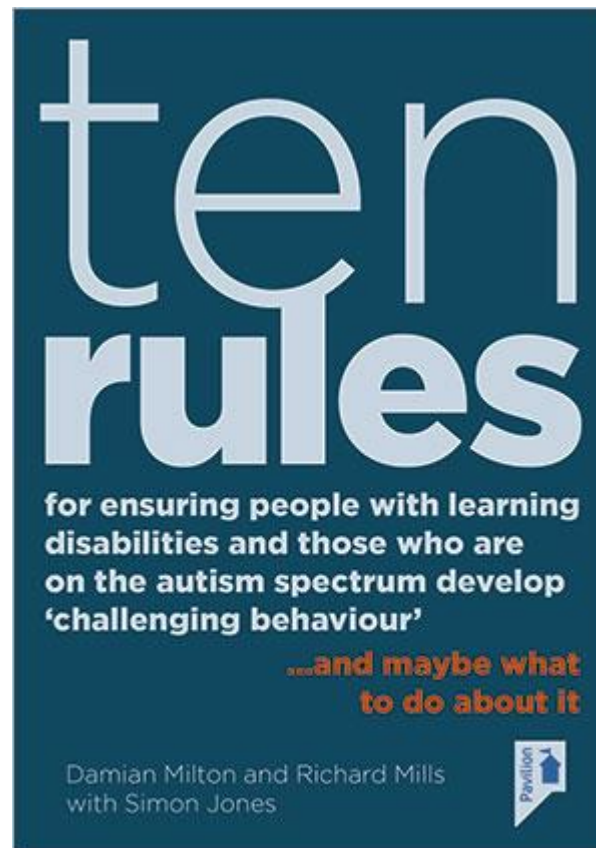
“Three things in life are important, the first is to be kind, the second is to be kind and the third is to be kind”



It is not rocket science...anyone can do it...why don't you?



<https://www.pavpub.com/10-rules-for-challenging-behaviour/>



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