

ASD Family Help

Registered Charity No. 1135718

5 Top Tips

Autism and Behaviour Difficulties

Having a better understanding of autism allows us to understand why distressed behaviours may occur in a young autistic person. Only when we understand the reason behind the behaviour can we help the young autistic person and ourselves to develop strategies in order that we manage their emotions and their behaviour. There will always be a reason for behaviours – it is just that we may not know what it is and therefore we may have to initially do some detective work to find out what led up to the distressed behaviour. Sometimes they are not able to tell us why they are upset that's why they need our empathy, curiosity and positive support to help them.

Establishing your basic approaches to behaviour:

- a. Have a good routine/structure in place
- b. Build on good communication skills
- c. Give Choices when you can
- d. Give enough time to allow both you and them to process.
- e. Build in calm and relaxation time for both you and your child
- f. Know when to give space and reduce your demands

2. Try and remain positive – say things in a positive way, “Please do...” rather than “Do not do...” Avoid “No” if you can, redirect them as much as you can. Using humor when you can. (not always easy!)

3. Be consistent – involve all those working with your child. Remain consistent and be persistent and eventually things will start to change. Stick to the plan.

4. Learn to connect and recognise triggers – It is very important to work out the triggers so that we can then work out the strategies to modify the behaviour. Consider the following:

- a. Sensory Difficulties – where are you? What's happening?
- b. Anxiety/sleepy/hunger – how are they feeling?
- c. Has anything changed?
- d. Communication – what did you or others say and how did you say it?

5. Connect with others - seek out support when things become too overwhelming – other parents can be the best support as they will often be facing the same difficulties as you and will often come up with some great solutions.

Do call our Help Line if you need to talk things through. 07384 733658 or email

melissa@asdfamilyhelp.org