

5 top tips to better understand behaviour



Personalisation **1**

Every person is different. What works for one child may not for another, different approaches may be needed

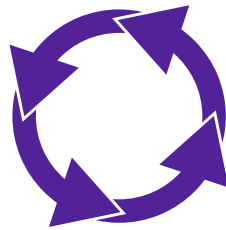


Communication **2**

Before trying to change a behaviour analyse the function. Why are they behaving like this? What might they be trying to communicate?

Self-stimulatory behaviour **3**

All behaviour serves a function for the individual. If behaviour isn't causing harm or creating a barrier to learning, don't try and change it



Replacement behaviours **4**

Try providing alternative behaviour such as functional communication rather than trying to remove the behaviour. This will make it less likely to recur



Routines **5**

Routines and planning can often ease anxieties. Helping map out bed time or getting ready for school can often reduce behaviours that perceive to challenge. Use visuals to help make this easier