

WHY DO THEY DO THAT?

AND HOW DO WE CHANGE IT?!

ATTENTION

WHAT IS IT?

Seeking connection or interaction with others. Attention they are receiving may be positive or negative.

WHAT CAN WE DO?

- Give consistent positive attention throughout the day
- Praise & reward positive behaviour
- Work on relationship building
- Show interest in their interests
- Teach replacement behaviours

ESCAPE

WHAT IS IT?

Getting away from or avoiding a person, place, task, transition, activity, etc.

WHAT CAN WE DO?

- Modify expectations (e.g. "let's do one more")
- Allow a break and return to task
- Chunk big tasks into smaller parts
- Build in choices
- Use first/then
- Incorporate interests

SENSORY

WHAT IS IT?

Seeking sensory input or avoiding sensory input.

Typically happens in multiple environments.

WHAT CAN WE DO?

- Consult with an Occupational Therapist
- Offer breaks
- Teach replacement behaviours
- Watch for signs of escalation & offer tools or support before challenging behaviour occurs
- Explore tools

TANGIBLE

WHAT IS IT?

Attempting to gain access to an activity, toy, food, object, etc.

WHAT CAN WE DO?

- Incorporate preferred activities
- Use a visual schedule to show when they can access the item
- Use first/then Use preferred items as rewards
- Allow more frequent access to preferred items