

Quick Guide to Challenging Behaviour



STAR

Behaviour Analysis Guide

A

Actions

What Happened?

What is the challenging behaviour?

Does the behaviour need to change?

S

Setting

Where were you?

What were you doing?

Who was there?

T

Triggers

What was the environment like?

Did anything happen / change?

Was there sensory challenges?

R

Results

What was the end result for your child?

Were they rewarded for the behaviour?

What Next?

Communication

Replacement behaviour

Visual aids

Social stories

TEN TOP TIPS FOR SPEECH & LANGUAGE

- 1 Keep it simple and speak clearly
- 2 Attention - make sure you have it
- 3 Give a reason to communicate - be exciting
- 4 Labelling - name what they are engaged with
- 5 Waiting and turn taking - give them time
- 6 Repeat over and over - don't rephrase
- 7 Comment and talk about what is going on
- 8 Expand - when they use one word you use two
- 9 Questions - don't ask too many
- 10 Understanding - are you on the right level

IDEAS FOR BEHAVIOUR REPLACEMENT OR AIDS

Biting / Chewing

Give them something safe to chew / bite. You can buy chewelry or chew buddies which are designed to be safe to chew. Try out tough to chew food like fruit yo-yo's, dried fruit, beef jerky and chewing gum for older kids.



Not settling at night / sleeping

Put a very strict and consistent bedtime routine in place. You need a specific time for bed with some sort of prompt e.g. the end of bedtime hour on TV

Bath

2 bedtime stories

Bed

Running off - unsafe outside

Can you teach your child to hold your hand while walking along? You may need to hold their wrist to start with. Alternatively use reins or a buggy. You can buy these for older children too.

Too much energy

Does your child have excess energy, running around all over the place like a whirlwind! Get a trampoline. Give them heavy work such as carrying books across a room, using a toy wheelbarrow to move sand or mud around the garden. Take them for a long walk.

Struggling with busy places

If your child struggles with loud, busy places you may want to try noise cancelling headphones.

10 VISUAL AIDS



- 1 Objects
- 2 Photos
- 3 Picture symbols
- 4 Videos
- 5 Books / visual guides
- 6 Now & Next boards
- 7 Visual schedules / routines
- 8 Reward charts / visual deals
- 9 Timers
- 10 Signing / makaton

