



# Behaviour Management for Children with Special Needs



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# Overview

- What is challenging behaviour?
  - Special considerations for children with special needs
  - Understanding common triggers & setting goals
  - Planning ahead to prevent difficulties
  - Learning new skills & behaviours
  - Managing challenging situations
  - Taking care of yourself
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# What is challenging behaviour?

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# What is challenging behaviour?

**Anxiety, frustration & confusion** can give rise to a variety of behaviours.....

- Repetitive movements
  - Self injurious behaviour
  - Self isolating behaviour
  - Non compliance
  - Aggression towards self or others
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# Special considerations

Special considerations for children with special needs:

- disability & behaviour
- setting expectations
- time taken to learn new skills
- repertoire of skills





# Triggers & possible causes

- Attention
  - Communication
  - Escape/avoid demands, people, settings
  - Sensory/self stimulation
  - Illness/pain/medication
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# Triggers & possible causes

- Accidental rewards
- Escalation traps
- Learning through watching
- Instructions
- Emotional messages
- The way we use discipline





# Setting goals

- ABC diary
    - A=Antecedent (starts behaviour)
    - B=Behaviour
    - C=Consequence (stops behaviour)
  
  - Setting a goal
    - Achievable
    - Notice improvements over time
    - Child and parent goals
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# Planning ahead to prevent problems

What helps prevent the behaviour from happening?

- Planning ahead
- Routines, rules & limits
- Preparing for transitions
- Setting achievable tasks
- Consistency





# Learning new skills & behaviours

What would I like to see instead?

How can I encourage desirable behaviour?

- Praise, encourage & reward behaviour that you like
  - Teach functional communication skills
  - Provide interesting things to do and learn
  - Use activity schedules
  - Use social stories, comic strips, visual supports
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# Managing challenging situations

How can I or others react when the behaviour occurs?

- Ignore minor behaviours
  - Act on serious behaviours
  - Use your voice and gesture
  - Use clear instructions
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# Managing challenging situations

How can I or others react  
when the behaviour occurs?

- Distracting and re-directing
- Blocking & interrupting
- Logical consequences





# Taking Care of Yourself

- Having a break
- Respite
- Child care
- Schedule something soothing & relaxing
- Do something fun & distracting
- Extra support from friends, family or professional assistance





More help

- CP Helpline 1300 30 29 20
  - Autism Helpline 02 8977 8377
  - Parent Line 13 20 55
  - [www.raisingchildren.net.au](http://www.raisingchildren.net.au)
  - [www.triplep.net](http://www.triplep.net)
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