PREVENTING CHALLENGING BEHAVIOUR

Yvonne Rochford
• Our Story
• First ____ & Then ____
• Naming Feelings
• Transitions
• We think Differently
• Introducing the idea of ‘Unexpected’
• Rigid Behaviour
• Q&A
OUR STORY

• Family of 4
• Cora 4 years old with PWS & Ben 15 months old (non PWS).

Cora:
• Mainstream school
• Nutritional Phase 2b (gains weight easily)
• Does not food seek
• Does not have anxiety around food
• Increased food play.
FIRST ____ & THEN ____

- Used very early on
- In every situation

- **First** we *brush your teeth* & **then** we go outside
EMOTIONS
IDENTIFY & NAME

• Name emotions
• Start with basic feeling (happy & Sad)
• PECs or picture board. ‘I feel Happy’, ‘I feel Thirsty’, ‘I feel sad’, ‘I feel hot’
• Reinforced emotions throughout the day.
TRANSITIONS

WHAT WORKS FOR US

• Always give a warning the activity will end.
  • “Bath time is over in 2 minutes”
• Then a 1 minute warning.
  • “Bath time is over in 1 minutes, you have time to do 1 more thing, then bath time will be over”
• Then after 1 minute.
  • Bath time is over, out you come.
• If ending the activity is still a problem, I would say:
• If you need help _______, I can help you by______. I will count to 3 then I will_________
WE THINK DIFFERENTLY

• We think differently (& that’s ok!)
• This was extremely hard for Cora to accept
• Repetition of ‘You think X and I think Y, its ok to think different. – 1 year for Cora.
INTRODUCING THE IDEA OF ‘UNEXPECTED’

- Unexpected, can be tricky.
- Changed up routine
- Introduced Idea of calming our bodies
  - ‘We need to calm our bodies, Let’s take some deep breathes to calm our bodies down (breath in/out loudly x4)
  - Mantra ‘We can do hard things’. Unexpected it hard, but, we can do hard things
RIGID BEHAVIOUR

- Changed up routines frequently
- Did the ‘flexible dance’ It worked for C, signing ‘gotta be flexible, flexible, we need to be flexible’
- Find your flexible dance!
- Humour!! So much works when you get the humour right
THANK YOU

Q&A

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