OVERVIEW

- 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, Lets 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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