

5 top tips to better understand behaviour



Personalisation **1**

Every person is different. What works for one child may not for another, different approaches may be needed

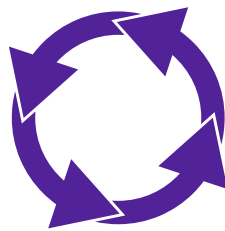


Communication **2**

Before trying to change a behaviour analyse the function. Why are they behaving like this? What might they be trying to communicate?

Self-stimulatory behaviour **3**

All behaviour serves a function for the individual. If behaviour isn't causing harm or creating a barrier to learning, don't try and change it



Replacement behaviours **4**

Try providing alternative behaviour such as functional communication rather than trying to remove the behaviour. This will make it less likely to recur



Routines **5**

Routines and planning can often ease anxieties. Helping map out bed time or getting ready for school can often reduce behaviours that challenge. Use visuals to help make this easier