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EVERYONE
INVOLVED IN
A CHILD'S LIFE
CAN **HELP** TO
UNDERSTAND
THE FULL
PICTURE
AROUND
BEHAVIOUR
”

MORE INFORMATION AND RESOURCES:

FOR INFORMATION ON EARLY INTERVENTION
FOR CHILDREN WITH SEVERE LEARNING
DISABILITIES

CHALLENGINGBEHAVIOUR.ORG.UK

FOR FREE E-LEARNING RESOURCES ON
DISABILITY AND CHALLENGING BEHAVIOUR

DISABILITYMATTERS.ORG.UK

TO SEE THE NATIONAL PLAN TO TRANSFORM CARE
FOR AUTISTIC PEOPLE OR PEOPLE WITH LEARNING
DISABILITIES WHOSE BEHAVIOUR CHALLENGES
WWW.ENGLAND.NHS.UK/LEARNING-DISABILITIES



WHEN CHILDREN'S BEHAVIOUR CHALLENGES

A guide for professionals and staff supporting
autistic children or children with learning disabilities



Learning Disability
Professional Senate



The Challenging
Behaviour Foundation

THIS LEAFLET PROVIDES PRACTICAL INFORMATION TO HELP THE CHILDREN OR YOUNG PEOPLE IN YOUR CARE WHO MAY DISPLAY BEHAVIOUR THAT CHALLENGES.



WHAT DO WE MEAN BY BEHAVIOUR THAT CHALLENGES?

Children with learning disabilities or autistic children are much more likely to behave in a way that other people find difficult. Challenging behaviour is behaviour which puts the child or others at risk, makes it hard for them to go to ordinary places, such as shops or playgrounds or stops them having a normal home life.

HOW MIGHT THE CHILD OR YOUNG PERSON BE FEELING?

- Scared
- Upset
- Anxious
- Frustrated
- Helpless
- Sad
- Confused



YOU MAY FEEL SIMILAR EMOTIONS WHEN SUPPORTING SOMEONE WHOSE BEHAVIOUR CHALLENGES.

WHY MIGHT IT HAPPEN?

Very often behaviour is a child or young person's way of trying to tell you something that is very important to them - that they need something, or they want some help.

Try to understand why it happens – there will be a reason:



Do they want something to eat or drink, are they in pain or tired?



Are they bored or overstimulated or do they want a particular activity?



Are they in a place that is too noisy, crowded, hot or unpredictable?



Do they need more (or less) attention or company?



Are you asking them to do something they find hard?



It can help to keep a record of behaviour as you might see some patterns.

THINK ABOUT HOW YOU CAN HELP

Ask the child's parents or carers if there are things you can change to help support their child more effectively.

- ▶ Can you show the child a better way to tell you what they need, perhaps by using pictures or signs?
- ▶ Can you change the way you talk or interact?
- ▶ Can you offer different activities?
- ▶ Can you make the place quieter or less crowded?
- ▶ Can you avoid keeping a child waiting for an appointment?
- ▶ Can you use a picture timetable so that life is more predictable?

SOME CHILDREN MAY NEED EXTRA HELP, INCLUDING 'POSITIVE BEHAVIOUR SUPPORT'. SEE: CHALLENGINGBEHAVIOUR.ORG.UK