



Effective Behaviour Management Strategies

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Challenging Behaviour



- **Behaviours are actions which can be observed.**
- **Behaviours manifest in different ways.**
- **Challenging behaviour does not mean behaviour which is inconvenient or non compliant.**
- **All of us will have experienced various challenges when it comes to behaviour.**

Common types of Challenging Behaviour



Examples

- Stubbornness
- Not Listening
- Tantrums
- Fights/arguments
- Chatting back
- Aggression
- Raising voice/shouting
- Destruction
- Self Injury biting/nipping
- Running away





Physical Causes



Emotional Causes



What are the underlying causes that lead to certain behaviours?



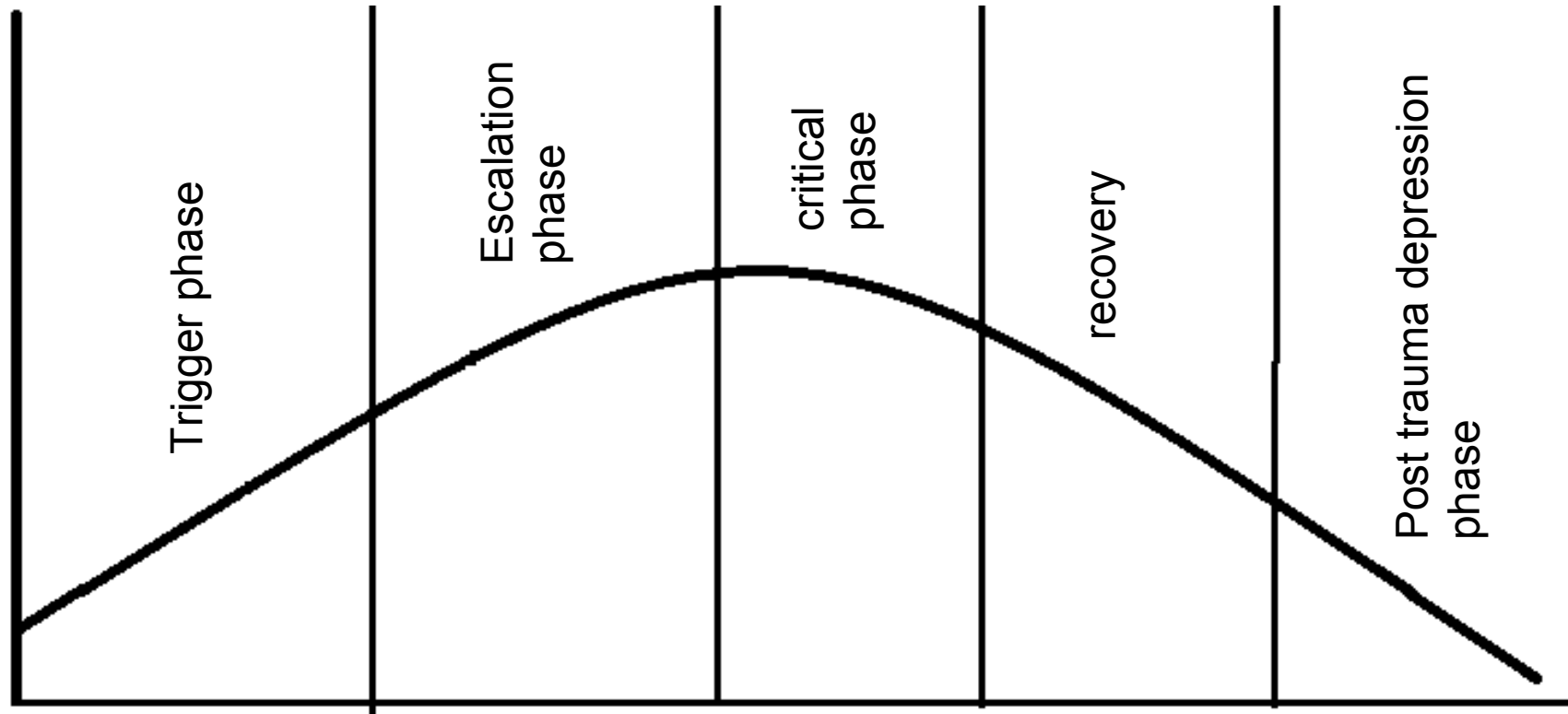
Social Causes



Environmental Causes



Behaviour Timeline



De-escalation



- **Appear calm**
- **Convey care and control**
- **Think about body language and tone of voice**
- **Try to identify what has caused the behaviour**
- **The behaviour is only the tip of the iceberg, work out what is going on underneath the surface**
- **Remove the source of agitation**
- **Diversion techniques/Ignore/Challenge**
- **Acknowledge the behaviour and name the feelings**

Prevention, what can we be doing...



- Individuals that present challenging behaviour may have a skill deficit.
- Early action to diffuse a situation is most desirable.
- Knowing why an individual gets upset is crucial.

A B C's and keeping a record



A – Antecedent

What precipitated the behaviour?

B – Behaviour

What precise behaviour took place?

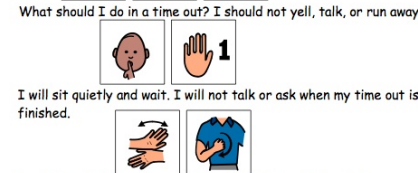
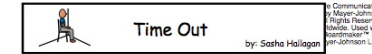
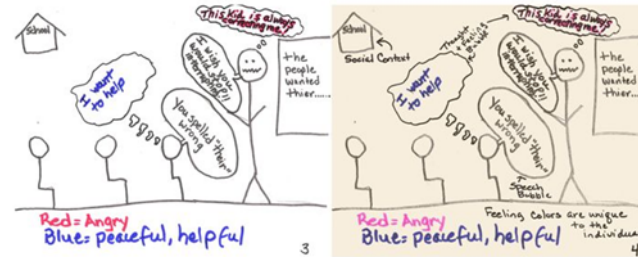
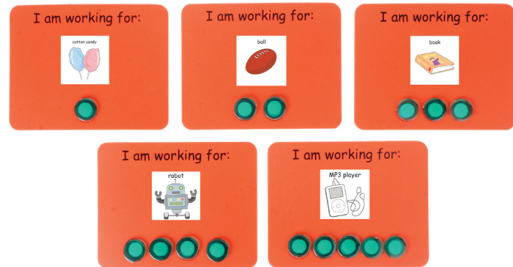
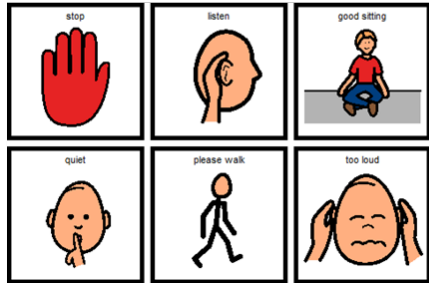
C – Consequence

What happened afterwards?



Only when you get to know the individual, and the patterns of their behaviour, do you know how to effectively manage their behaviour and take a preventative approach.

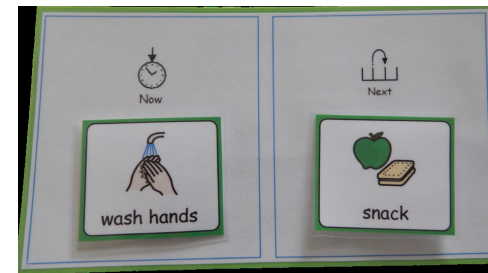
There are many strategies for dealing with challenging behaviour...



An adult will tell me when my time out is finished, I need to say sorry, I can leave time out now.



If I have good behavior in time out it will go fast. I need to keep having good behavior so I don't have another time out.



I need to be careful with the things I own. It is important to keep track of and not lose my things.

Before I leave school for the day, I have to check for...

- my hat
- my gloves
- my wallet
- my lunch bag
- my school bag
- the books I need
- my agenda
- anything else I brought with me

What do I need to take home for homework today?

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____



Feelings Chart		
Describe	How I feel	What I can do
5	I need some help!	
4	I'm really upset.	
3	I've got a problem.	
2	Things are pretty good.	
1	Feeling great!	



**“If you’ve met one person with autism –
you’ve met one person with autism.”**

Dr Stephen Shore



If you have any questions please come and visit us at the Market Place or you can contact me on the following:

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