

# Support in Newport & South Wales

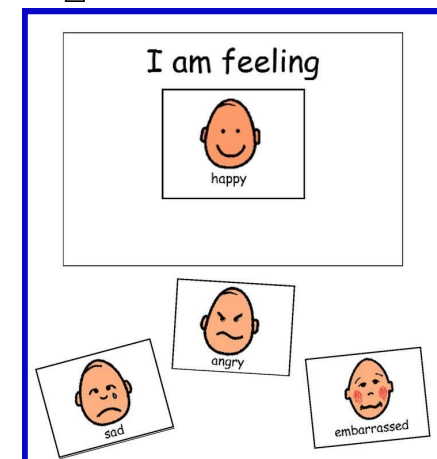
- **NAS Parent to Parent line** on 0808 800 4106, a UK-wide confidential telephone service providing emotional support to parents and carers of children or adults on the autism spectrum.
- **Cygnnet Programme at Serennu Centre.** If you live in Newport and would like further information regarding the please contact Meryl Aitkin on 01633 851782
- **Newport Autism Support Group** Meetings take place on the first Thursday of every month, 10am-12pm at Serennu Children's Centre . Contact Hilary Leadbeater on 07899 906344
- **ASDinfo Wales**  
asdservice.abb@wales.nhs.uk  
01633 644143



**Please refer to your  
child's class teacher  
or ALNCO for further  
advice.**

## Positive Behaviour Management Top Tips

**Provided to your  
school through ASD  
Outreach to New-  
port Schools from  
Ysgol Bryn Derw**



# What you need to know

We offer some top tips to minimise challenging behaviour and to identify the behaviour's purpose or function.

We will also tell you how you can get support, further information and resources.

Each child/ young person and situation is unique. Not all information here will be relevant to everyone and it's important you seek advice from your child's class teacher for advice and support– Class teachers can then refer to the schools behaviour lead/ ALNCO for advice if necessary.



It may seem as though the challenging behaviour is only ever directed at you, You are

# Top Tips

We have the following rules which we believe in and follow as our ethos.

- **All behaviour is communication.**

It can be a way of communicating needs or feelings. At times frustration, sensory overload, pain, hunger etc. It's important to consider what occurred before, during and after the behaviour, how the person was feeling and how people responded to the behaviour. Can a trigger be identified? What could you change next time?

- **Be Patient and realistic**

Behaviours won't change overnight and it's important to notice the small positive steps. Remember everyday is a new day, a fresh start.

- **Be Consistent**

Ensure a consistent approach to the behaviour– from everyone. Have regular discussions about what worked and what did not. Remember– the behaviour may get worse once challenged but will improve with a consistent positive approach.

- **Environment**

Noise, visuals, taste, texture, touch– Consider are there any triggers? Has anything changed?

- **Communicate**

Using visual schedules, simple language and objects of reference can reduce frustrations and anxieties. Giving the young person opportunity to communicate their needs & feelings through PECS, feelings thermometers or visuals etc can reduce frustrations also.

# What to do during a 'Meltdown.'

- Be calm and confident.
- Avoid unnecessary situations which are known to be stressful for your child.
- Use a timer or a countdown to support less favoured activities.
- Identify signals which indicate increased levels of stress such as noises, words or actions
- Be supportive and compassionate. It is Important that the young person knows that you will be there.
- Offer suggestions as to what might make the situation better.
- Avoid using complex language
- Organise a distracting activity or use some de-escalation techniques such as relaxation or vigorous physical activity.
- Say what you want to happen rather than commenting on the behaviour
- Move back if required and make the immediate environment safe and wait until the young person is ready .