**Why is this behaviour happening?**

Try to think about why your child is behaving in a way you don’t want. This can help with supporting them. Behaviour is often a way to communicate

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| I want something | Use symbols or objects to help them show you what they want |
| I have sensory needs | Try some activities to help with these e.g. banging a wooden spoon on a saucepan for a child who keeps hitting. Giving them a chewy tube (if your child is biting) or ear defenders (if it is too noisy) |
| I need to have some control | Offer choices - not too many and you decide what choices you are offering |
| I want attention | Give your child attention when they are behaving as you would like and reduce attention when they are showing challenging behaviour |
| I am upset/angry | Try distraction. Keep your voice low and slow. Show them ways they can keep calm themselves (teach them when they are not angry or upset though) |
| I don’t know what is happening and I am anxious | Use a visual timetable or a ‘first..then..’ board so they know what is happening |
| I don’t want to stop doing this | Countdown to it ending, show them a visual timer on your phone, Use First..then.. to show they can go back to it or to something else they like |
| I don’t want to do this | Use a First..then.. to show they can do something they like afterwards – slowly build up the length of the time they have to do the thing they don’t want to. Have another way to say it |