

## Supporting with Demand Avoidant Behaviours.

Children displaying demand avoidant behaviours aren't trying to be difficult sometimes they just can't follow requests for these children try;

- Using indirect requests
- Scripted sentence starters.
- Using 'I' in conversations
- Give them time to process.
- Provide them with choices.
- Fresh start every hour.
- Make the request of someone else's decision eg, the government has said....

Choose your battles, at this time everyone will be having difficult times/days.

- ✓ Have house rules but develop them together and review them regularly.
- ✓ Be consistent, use a priority rating chart so all family members understand the priorities.
- ✓ Create an environment which reduces conflict.
- ✓ Model the behaviours that you would like to see.
- ✓ Do activities together, work as a team to reduce the demand.
- ✓ Use novelty and variety to distract.

A special boxes can support in reducing anxiety.

A special box is made with your child and includes items that are important to them.

You could make a special box alongside your child.

A special box may contain; something visual, something to smell, something to touch etc.

### Special box example.



**PRACTICE**  
makes  
**PROGRESS**,  
**NOT**  
**PERFECT.**

Use your child's special interest and strengths to your advantage some examples are below.

- Creativity
- Role play
- Music
- Imagination
- Helpfulness
- Kindness

You can create 5 point scales and reward charts using their special interests.

Work and free time activities can be based around special interests and strengths.

Give opportunities for both time in and time out.

Be flexible with time.

### What to do if your child does have a meltdown/panic attack.

- Clear the area
- Remove onlookers
- Provide a safe space
- One person to be available
- Person who caused the trigger to leave the room
- Provide quiet support
- Use open and relaxed body language
- Be child led

**This is not giving into them, this is administering a vital nutrient**

**Remember:** What works today may not work tomorrow.