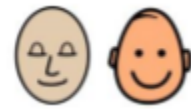


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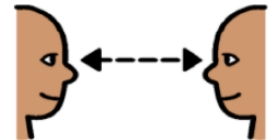
Supporting behaviour

Children and young people when anxious or distress due to change of routine, pain or discomfort may engage in behaviours of concern. As detailed below, some suggestions, which can positively support this young people when become unsettled.

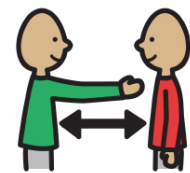
- ✓ **Appear calm:** it is difficult to appear calm when they are upset or unsettle but at the same time it is important to show normality.



- ✓ **Reduce eye contact:** this YP may become anxious or distress when the eye contact is kept, for this reason is recommended to reduce it.



- ✓ **Provide distance/personal space:** this suggestion can help CYP to calm down when display in behaviours of concern.



- ✓ **Reduce demands:** Decrease instructions in order to let CYP calm down



- ✓ **To use no verbal language:** To use Makaton signs. Minimise verbal language.



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