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## 5 things to consider when 'unpacking' behaviours

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### 1. Understand the person – how they are feeling & why

All behaviours happen for a reason. Often, people use behaviours to communicate (tell us how they are feeling, what they like/don't like).

Before we can attempt to reduce a behaviour, we have to know 'why' the person is using it, and then teach them a new way of expressing that (What would you replace the unwanted behaviour with?)

### 2. Engage with the person.

Positive engagement with someone can be one of the most effective ways of reducing behaviours. People are less likely to engage in behaviours if they are doing something they think is fun. Some people may not be able to 'play independently', and may need someone to help them.

Positive interaction usually brings about more positive interactions!

### 3. Activities aimed at the right level?

Is what you're doing together aimed at the right level? Everyone finds it much harder to follow and to not get bored if they don't understand what they're meant to be doing, or if things are too hard for them.

### 4. Make things routine, structured & predictable

Consistency is key! Try and make things more structured and predictable. When people know what is coming up, and what they are expected to do, it can help them feel more 'in control'.

### 5. Acknowledge that it is ok to ask for help

Sometimes it is hard for us to know why a behaviour is happening, or what to do about it (particularly when we're living with it every day!). It can help to talk to people around us, and, as a team, try to come up with a solution.

Talk to other family members, teachers, therapists – anyone who knows the person well!