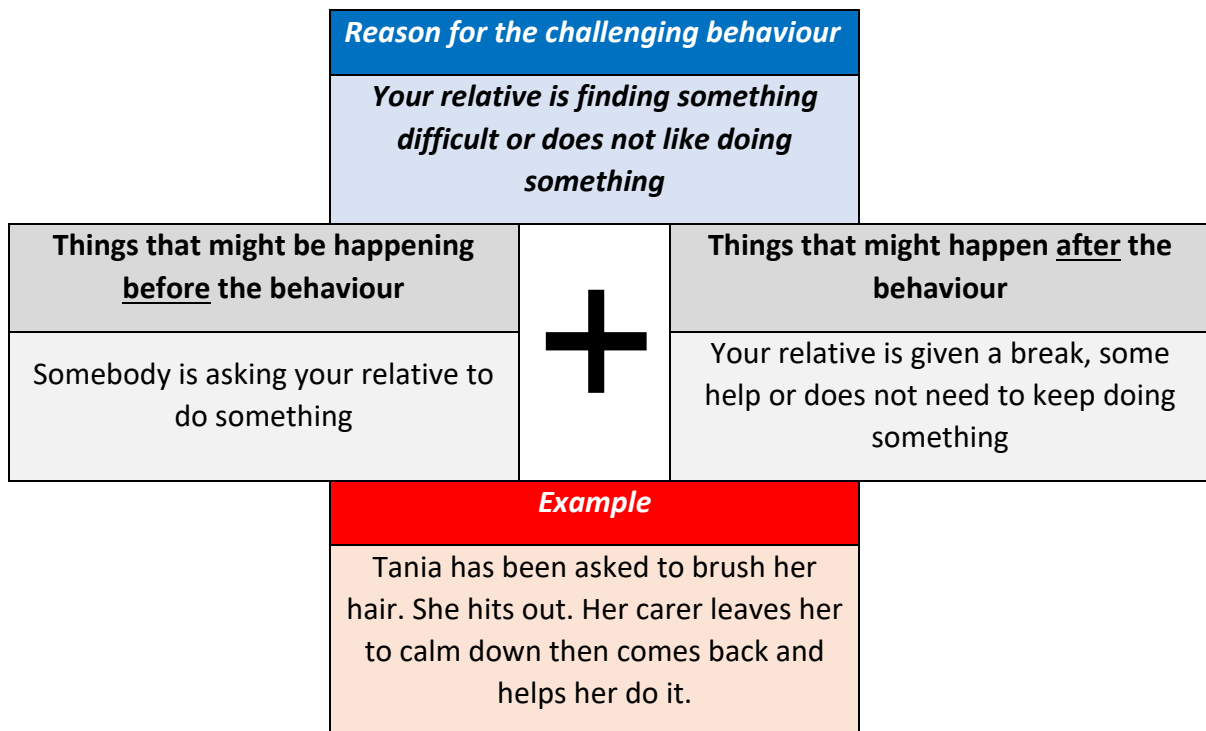
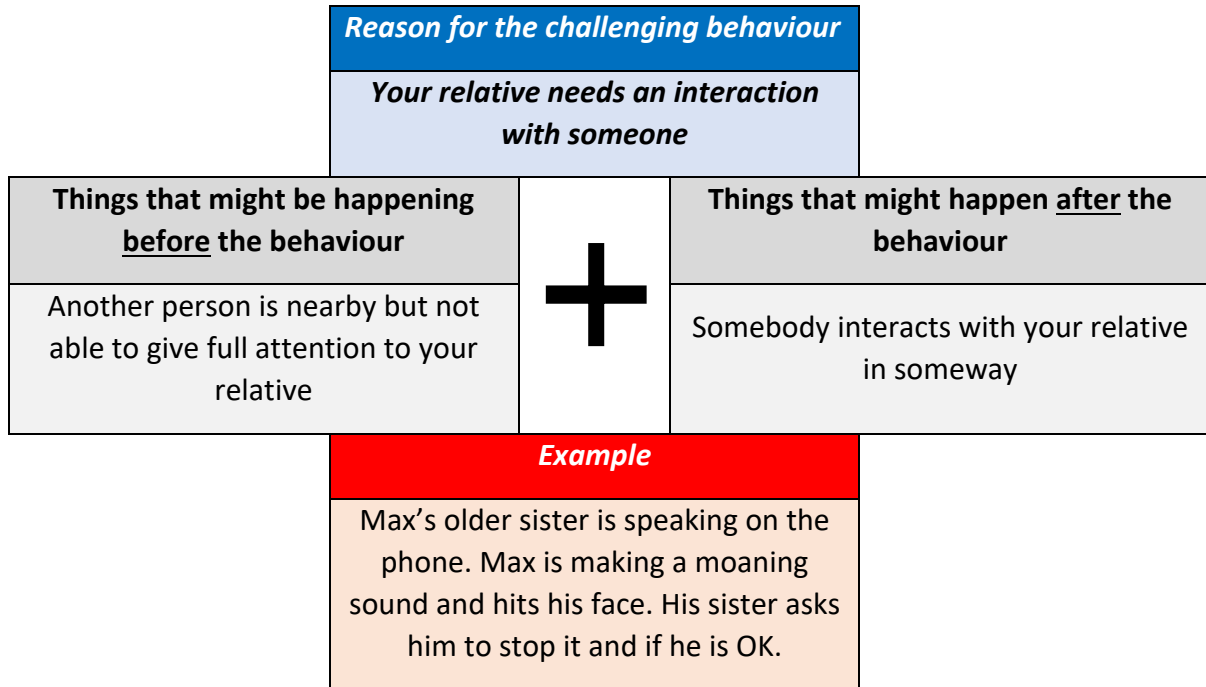




Understanding why behaviours that challenge happen





Reason for the challenging behaviour

Your relative wants something

Things that might be happening <u>before</u> the behaviour	+	Things that might happen <u>after</u> the behaviour
Something your relative likes is nearby, but they can't get it.		Your relative gets the thing they want

Example

Mohamed has noticed his brother using the Tablet. He bangs down hard on a table. His relative says 'OK it's Mohamed's turn now' and gives it to him.

Reason for the challenging behaviour

Your relative wants to keep doing something they like

Things that might be happening <u>before</u> the behaviour	+	Things that might happen <u>after</u> the behaviour
Somebody is telling your relative to stop doing something		Your relative is able to keep doing the thing they like

Example

Li Na has been watching TV. Her mother says it's time to turn it off. Li Na screams and thumps her leg. Her mother leaves the TV on whilst trying to calm her.



Reason for the challenging behaviour

Your relative wants an interaction to end or to be alone

Things that might be happening <u>before</u> the behaviour	+	Things that might happen <u>after</u> the behaviour
Somebody is interacting with your relative		The interaction with your relative ends, or they are left to be on their own

Example

David's father has been asking him about his day. David grabs his own face and then kicks out. His father is upset and stops talking with David.



Sometime the other person in these examples may be you or another carer. It's really important to note that neither the person displaying behaviour that challenges or the other person in these examples is doing these things on purpose.

Sometimes behaviour that challenges happens for other reasons too. They might happen when no one else is around but you may notice some clues:

Reason	Things that you might see happening before the behaviour	An example
<p>Your relative is in pain or discomfort (which may include sensory discomfort) and the behaviour helps reduce this.</p> <p>(Your relative's body is experiencing some sensory stimulation that they cannot ignore).</p>	<p>Your relative is showing other signs of being in pain or discomfort (their facial expression, body language or other communications indicate this)</p> <p>Something else suggests they may be in pain or discomfort (they are unwell, have dental pain or there is something in their environment that is causing sensory upset)</p>	<p>Nora has hay fever and the pollen count is very high. She is pulling hard at her ears.</p> <p>Sabrina is tugging her hair hard and rocking her body. A neighbour is using an electric drill that is making a loud shrill noise</p>
<p>Your relative needs some stimulation and the behaviour helps provide this</p> <p>(Your relative's body is craving/seeking some sensory stimulation that they cannot ignore).</p>	<p>Your relative has little to do or is having to wait for something</p> <p>Things that are happening do not interest your relative</p> <p>Your relative has been doing the same thing for a long time</p>	<p>Andre has not been able to do his water activities today. He keeps spitting and then smearing this on surfaces.</p> <p>Afia has been waiting for her relatives to go outside. She has torn pieces of clothing and started chewing these</p>