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| **Support Strategies**  The things we can do or say to quickly manage the situation and to prevent unnecessary distress injury and destruction. | **Behaviour**  What \_\_\_Ann\_\_\_\_\_\_\_\_ does, says and looks like when he/she is challenging. |
| * Stay calm and reassure Ann that you are going to help her * Make sure only one person talks at a time * If Ann is seeking to comfort herself by banging her head encourage her to cuddle her teddy bear instead * Distract Ann with a favoured object * If she is seeking sensory feedback encourage her to bang her hands or feet instead * If she is pulling hair or pinching etc say to her ‘gentle hands’ and support her to stroke hair or arms etc. * Say LOOK in a really excited voice and then distract her with a chosen object * Don’t make reference to the behaviour but stop her doing it. For example if she is hitting herself, take her hand and say ‘high 5’ | * Ann will rock against furniture or the door etc. * Ann will vocalise in a way which sounds like a high pitched growl or a very loud shout * She may be crying * She will throw objects * She will bang her head on the floor or against the furniture * She may come up to you and bang her head on you e.g your knee * Her body language will be very tense * She will usually be sitting bolt upright * She may hit herself on the head with a closed fist * She may pull hair, pinch or slap bare skin * Ann may become very clingy and will want continual contact |

Ann Other’s Red Strategy