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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
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Ann Other’s Red Strategy