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| **Support Strategies**The things we can do or say to stop the situation from escalating further and return \_\_\_\_\_\_\_\_\_Ann\_\_\_\_ to the proactive phase as soon as possible. | **Behaviour**What \_\_\_\_\_\_Ann\_\_\_\_\_ does, says and looks like that gives us clues that he/she becoming anxious or aroused. |
| * Ask Ann is she would like help with whatever it is she is trying to access or struggling with
* Offer to scratch her back
* Ask her to blow a raspberry on your arm
* Support her to access what she wants using PECS or Makaton
* Try to distract Ann by offering an activity e.g. listening to music, playing drums, reading a book.
* Initiate some rough and tumble play
* Place Ann in an upside down position or swing her round while supporting her under her arms with her head against your chest.
* Cuddle up with the cuddle blanket
* Sing songs with Ann or make funny noises
* Distract Ann with different toys or read a book with her.
* Tickle her
* Bounce her on the trampoline
 | * Ann will shout
* She will clench her fists and vocalise in a high-pitched voice. She will usually adopt a W sitting position at these times
* She will come and seek you out if you are not in the same room
* She may become tearful and want to sit on your lap
* She will throw things
* She will be unwilling to engage in positive communication
* She will appear distracted and will be unable to concentrate or make eye contact
* She will lay her head on the cushions.
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Ann Other’s Amber Strategy