



SNAC Workshop Report

Report Written By:	Kathy Robinson & Angela Berryman
Title of Workshop:	Solving Challenging Behaviours
Date of Workshop:	February 20, 2018
Brief Description of Presentation	
Description of Autism and strategies to help people with behaviour challenges	
Main Points that were Learned:	
1) Sensory Experiences	
2) Some strategies for behaviour challenges: Find the reason behind the behaviour, punishments don't work, create a connection, keep calm and be empathetic, think sensory first, use movement often (and don't take away recess!) and use pictures.	
3) Importance of finding collaborate solutions: solutions that work for all of those involved.	
4) How to make social stories: can be used to teach an expected, appropriate behaviour, rehearse appropriate social skills, prepare a child for a change, decreasing anxiety or develop autonomy.	
5) Behavioral Contracts: *Outline expected behaviours, what reward will client get if he/she does what is written in contract? *Involves the client in choosing the reward. *Write number of times behaviour must be done to get reward. *Describe what will happen if client doesn't follow steps in contract. *Statement that client can try again next time if contract not followed. *Everyone signs contract. *Use pictures.	
Web Links for Additional Information:	
1) livesinthebalance.com	
2) www.parentingchaos.com	
3) http://www.freeprintablebehaviorcharts.com/ Free printable behaviour charts	
Titles of Printed Materials for More Information: (distribute one hard copy to the members at the next SNAC meeting, who may request that copies be made)	
1) Slides attached	
2) Notes attached	
3) Lost and Found by Ross W. Greene	
Additional Comments:	
<p>New word learned: Proprioception. Tells us where our body parts are and where they are in proportion to the body, Struggles how to do movements, Communication between brain and movement, Don't like sports, anything that involves moving the body, Deep pressure improves this</p> <ul style="list-style-type: none"> ● Kids do well if they CAN, not if they want to ● Punishments don't work. ● Need to give students tools they need to manage situations rather than punishing them for not having the necessary skills. ● Important to be proactive, not reactive ● "When little people are overwhelmed by big emotions, it's our job to share our calm, not join their chaos." L.R.Knost 	