Pathological Demand Avoidance Syndrome

Classroom and Teaching Style

- to motivate them, tap into what the child is interested in
- develop opportunities for role play
- give choice of task
- maximise incidental learning
- build in scheduled breaks
- avoid direct requests and demands
- have 1:1 support to manage start/finish of day

Anxiety

- make a safe place for them to go to if stressed
- recognise triggers
- if a child is not coping with requests, change them
- stick to routines
- allow them to use stress-relieving toys

Communication

- deal with poor behaviour indirectly
- speak quietly and ask things indirectly
- make requests simple
- de-personalise requests by using role play or puppets

Behaviour

- keep calm and speak quietly
- sit the child away from distractions
- offer alternatives
- keep rules clear and minimal

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