

# Parents' behavioural pack

The Learning Disabilities Team

## Introduction

You have been referred into our Learning Disabilities Nurse Clinics for Support around behaviour which challenges. When we talk about 'behaviour which challenges' we are looking at a range of behaviours which some of our children and young people with severe and profound learning disabilities may display to enable them to get their needs met.

Some of these behaviours may include:

- Physical aggression (e.g. hair pulling, hitting, head-butting)
- Self-injurious behaviours (e.g. head banging, eye poking, hand biting)
- Behaviours towards property or possessions (e.g. throwing things, breaking furniture, tearing things up)
- Eating inedible objects - PICA (e.g. soil, grass, soaps/shampoo, clothes, etc)
- Other behaviours (e.g. spitting, smearing, repetitive rocking stripping off, running away)

When we look at challenging behaviours – there is always a reason why it occurs. These reasons may include illness or pain; it could be a way for the young person to control what is going on around them/to get their needs met, or due to communication difficulties. It's important to remember that we need to understand the reasons behind challenging behaviour, for change to happen!

So how can we support you and your child/young person around their behaviour? There is no 'quick fix', but what we can do is work alongside you, the young person and any other relevant people/agencies to prevent and/or reduce these behaviours. It is imperative that we work alongside each other, consistently, with everyone following the same plan.

Within this Behavioural Pack we have included:

- ABC behavioural recording charts
- Stages of behaviour
- Information sheet around Communication and Challenging Behaviour by The Challenging behaviour foundation.

Please can you complete some ABC behaviour recording charts prior to your first appointment. We will send you an appointment in the post where we will meet with yourself to complete a functional analysis, risk assessment, nursing assessment or other appropriate assessment. We do not need to see your child at this point. Once we have completed the assessment and looked through the ABC behavioural monitoring forms, we will then put a behavioural plan/intervention in place. We fully understand some of the difficulties and daily struggles our families go through, and therefore will ensure that is made as person centred as possible to meet the needs of the young person and their families.

If you have any further questions or require any further information please do not hesitate to give us a call on **0330 024 5321**

We look forward to meeting with you and your child in the near future.

## ABC recording chart

<b>Antecedent</b> What happened immediately before the behaviour?	<b>Behaviour</b> What did ..... do?	<b>Consequence</b> What happened after the outburst?

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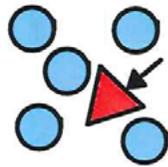
## Behaviour Monitoring Chart

Please include as much information as possible (even things that do not immediately appear relevant). The questions listed do not all have to be answered but are there to guide you into the type of things it would be useful to record.

<b>Date</b>	<b>Setting</b> Where/who was there/ noise levels etc.	<b>Trigger</b> What was happening before behaviour occurred? Had anything caused distress?	<b>Behaviour</b> Describe what actually happened (include how long the behaviour lasted, how intense it was etc)	<b>Result</b> What happened afterwards? How did carers respond? Were there consequences for the child? How did the child calm down?	<b>Comment</b> Is there anything else you wish to comment on?

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Different stages of behaviour

