**My Difficult Situation**

**Behaviour Plan (example)**

 **Child’s Name: Joe Bloggs Date: 16/4/2018**

 **Version: 1**

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| **My difficult situation****Car journeys, especially when:*** We have to stop at a red light
* We get stuck in traffic
* We take an unfamiliar route
* I misunderstand where we are going
* I don’t know where we’re going

 | **Behaviours I might display****Early warning signs:*** Tense mouth
* Face looks tense
* I will ignore you if you try to talk to me.
* I will start to rock backwards and forwards.

**If early warning signs are not noticed I may:*** Rock back and forward violently
* Try to get out of my seat
* Bang my head against the windows
* Try to pull the drivers hair, pull at their clothes or anything else I can reach.
* Try to kick the driver.
* Scream and shout at the top of my voice
* Throw anything that is within reach in the car
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| **What you can do to avoid this difficult situation*** Make sure I know exactly where we are going and remind me throughout the journey.
* Give me a picture/symbol card of where we are going to so I can hold it to remind myself of where we are going throughout the journey.
* Slowly talk me through what will happen on the route. “first we will go past the cinema…”
* Take familiar routes wherever possible
* If we have to go on an unfamiliar road warn me beforehand
* Provide a running commentary of the journey e.g if we are coming up to a red light say ‘we’re going to stop behind this car’

* If something happens to alter the route talk me through this too
* Play my favourite music to distract me.
 | **What you can do if I display challenging behaviour****When I am showing early earning signs:*** Remind me where we are going
* Make sure I have hold of my picture card play my favourite music to try to distract me
* Tell me about the fun things we are going to do when we get to our destination.

**If the situation has escalated:*** Talk in a calm voice
* Don’t use too many words
* If you can work out where I think we are going (that is distressing me), tell me where we are really going
* If I am trying to pull your hair/pull your clothes, say ‘sit on your hands’
* If I am banging my head on the window or getting very distressed, find a safe place to stop, help me out of the car
* Do not continue in the journey until I can sit calmly

**Afterwards:*** Continue the journey, calmly talking me through what is happening.
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