**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 |
| **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. |