Behavior and Communication

SUSAN NORWELL, M.A., ATCAP
EDUCATIONAL SPECIALIST
CO-FOUNDER RETT UNIVERSITY
SUSANNORWELL@RETT-U.ORG

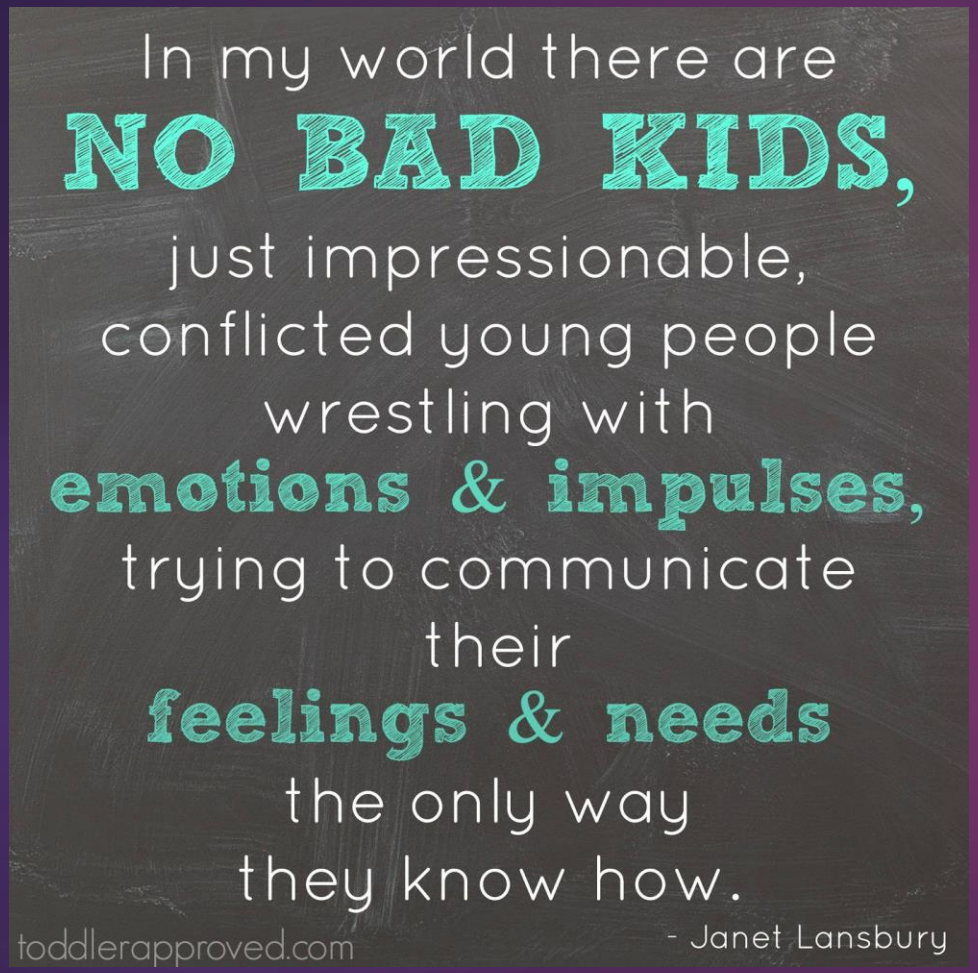
KOURTNEY BARNUM M.A.
EDUCATIONAL SPECIALIST
RETT UNIVERSITY
KOURTNEY@GP2C.ORG

What are some things behavior can communicate?

- ❑ Feelings
- ❑ Negation
- ❑ Avoidance
- ❑ Sensory
- ❑ Attention
- ❑ Wanting access to something
- ❑ Fear
- ❑ anxiety

What are some behaviors we may see in those with Rett and complex needs?

- ❑Anxiety
- ❑Social withdrawal
- ❑Aggression
- ❑Self abuse
- ❑Crying
- ❑Irritability
- ❑Aggression
- ❑Biting
- ❑Stereotypical behaviors
- ❑Fear
- ❑Attention difficulties
- ❑Sensory stimulation



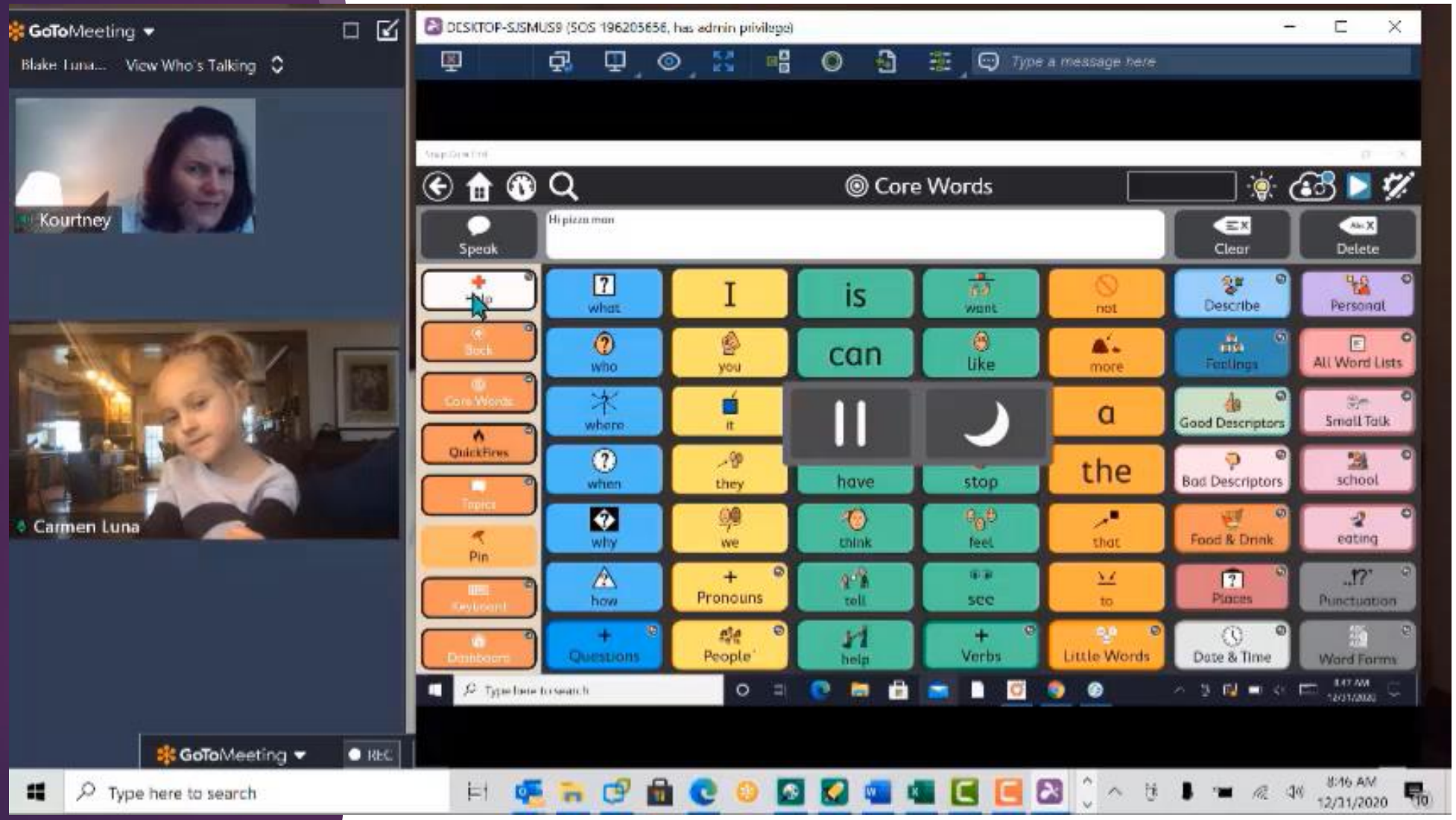
A robust communication system is a MUST!!

What can we do to help with behavior?

Self Regulation- Help button

- 3 levels of regulation
  - Overstimulated
  - Understimulated
  - All good
- Red, Yellow, Green
  - Green-life is good and we are regulated
  - Yellow-I am becoming dysregulated and I need help
  - Red-I am past the point and need to stop

Blake Help button



What can we do to help with behavior?

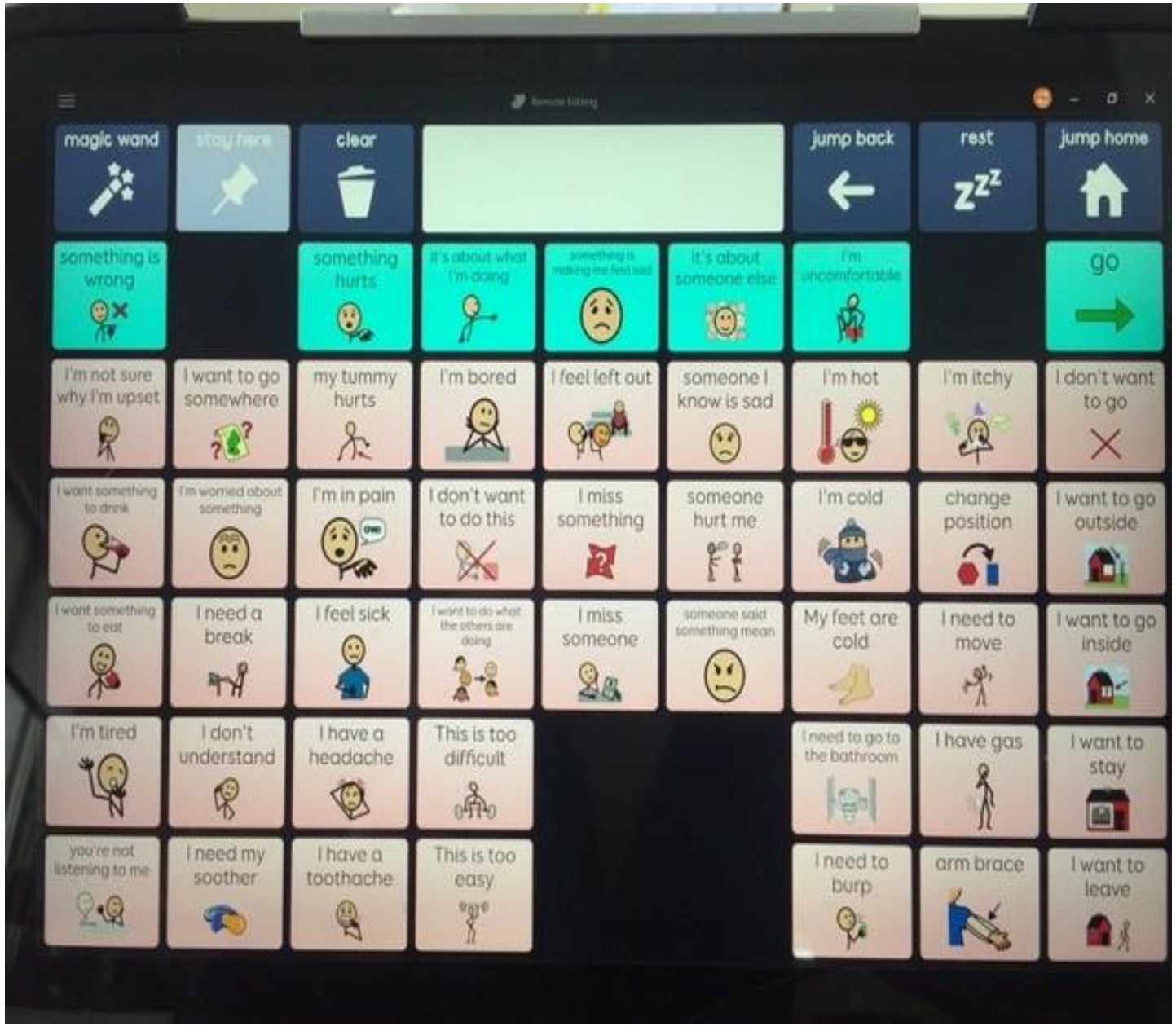
Self Regulation- Ways to express

Grid 3 example

Our loved ones need to have a way to advocate for themselves.

- If they can't advocate for themselves, they will exhibit behavior.
- We can also use these to learn to persevere
  - "I need a break" and do one more

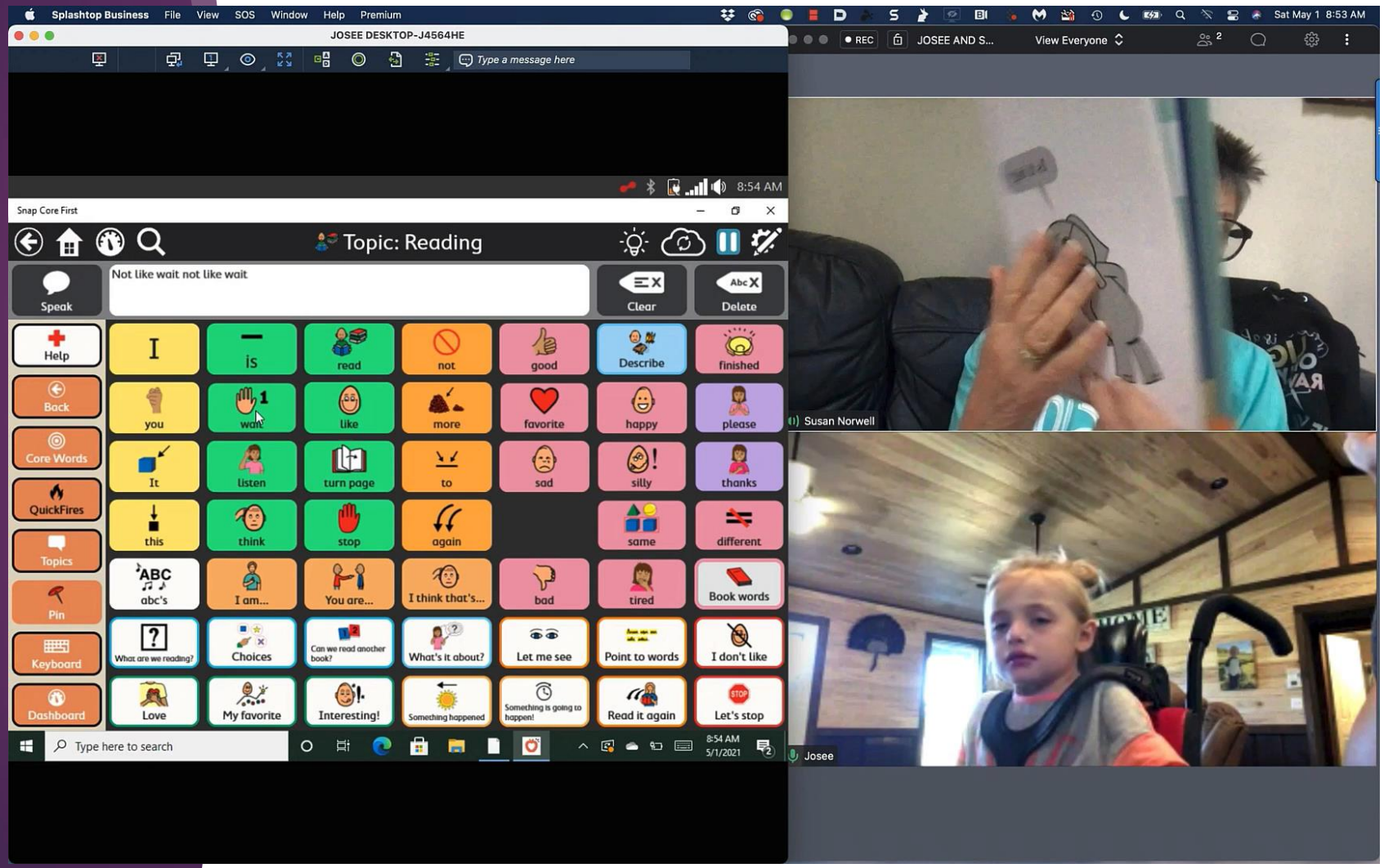
Self Regulation Grid 3



What can we do to help with behavior?

- Model language and use the help button
- Age appropriate language
- When you are feeling some way, use the language system and model it
  - Our girls and boys are perceptive and pick up on how we feel faster than most
- Important phrase
  - "I'll wait"
- Wait time
  - Slow things down and give them time to get their body together
- Good communication with your child's team
- When they go high, we go low
  - If their behavior escalates, we try to remain as calm and neutral as possible.
- Remember the Apraxia
  - Apraxia not only makes it hard to start a behavior, it also makes it hard to stop.

Using communication to assist with behavior



Any Questions

- If you have any more questions, please email
  - susannorwell@rett-u.org
  - Kourtney@gp2c.org