Soft Questioning

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1

Before we talk about the what, we have to talk about the why?

- Rett and complex needs
- Apraxia-affects all parts of their day
- Behavioral Philosophy and apraxia do **NOT** work together. They are at odds.

2

Creates a cycle……

- This creates a cycle that ultimately ends in people thinking our loved ones cannot do it or are not smart.
- Leads to low expectations.

3

What is soft questioning????

Changing how you word questions instead of asking direct questions.

- I wonder……..
- Maybe you can see….
- I'm thinking…..
- What are you thinking……
- I'm trying to find…..
- I think it's this, what do you think it is……
- I don't know what it is, can you help me……

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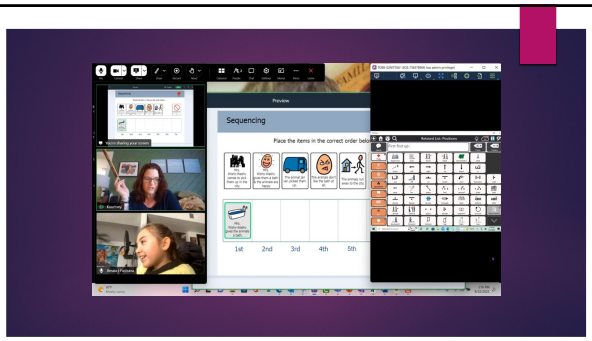

5

This is more than academics…..

- Using soft questioning can affect all areas of life
  - Movement
    - May have a harder time starting or stopping a movement when given direction
    - Phrasing it a little differently and waiting can help
    - Ex-child taking a step up
      - I see there's a step there, let's get ready to lift our leg
      - Then wait
      - If you see them being anxious, reassure "It's ok, I'll wait for you"
  - Breath being held
    - Reminder that our loved ones breath is being held by their body, they are not doing this voluntarily.
    - Telling them to "Breathe!" just ups the anxiety and apraxia.
    - "I see your breath is being held, I'll wait"

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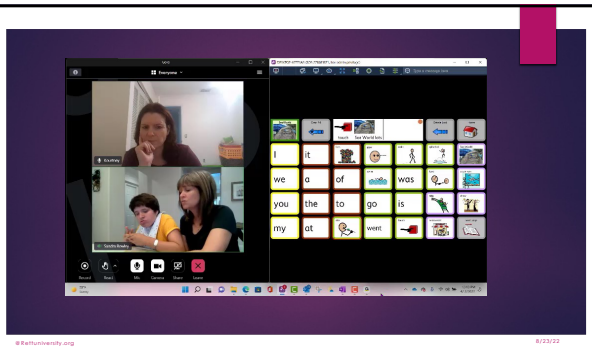

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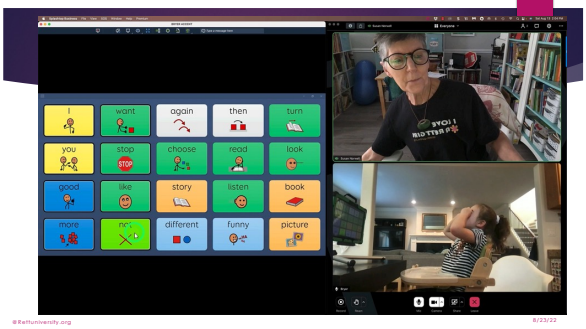
Think about coaching versus questioning?

- Tell them what you see them doing
  - Remind (not order) what you'd like them to do
- Notice and appreciate what they are doing
  - Show them and tell them what you need
- Wait and wait and wait some more
  - They know who will wait and who won't
- What do "we need" versus "get the"
  - WE is more relationship-based

Coaching implies teaching versus ordering around

8



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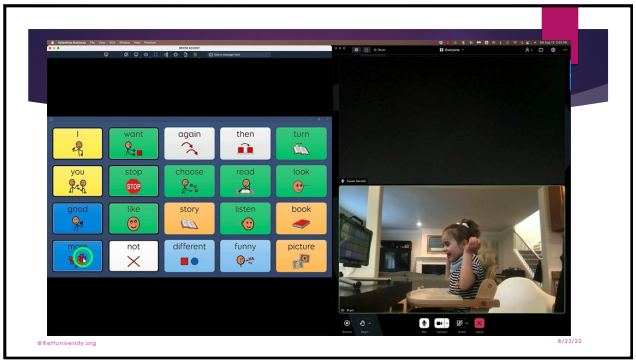
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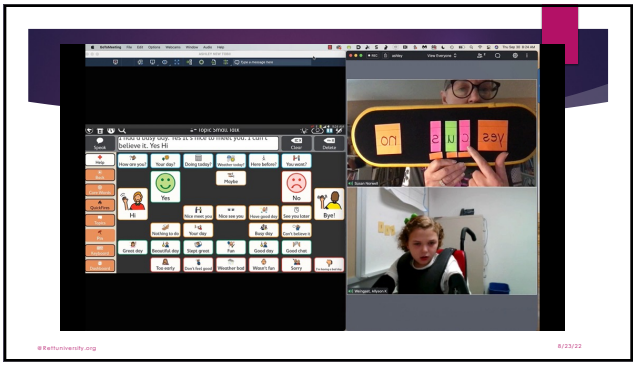
10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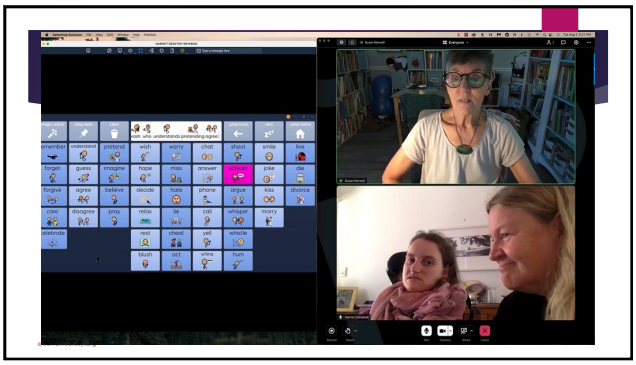

12

It will feel awkward and uncomfortable at first.
You will make mistakes (we still do).
It is OK!!!
LET'S BE AWKWARD TOGETHER
we've all been there
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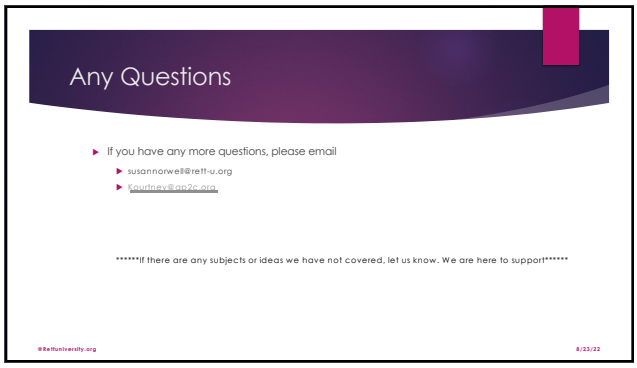
13


Any Questions
If you have any more questions, please email
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******If there are any subjects or ideas we have not covered, let us know. We are here to support******
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14