

Addressing Common Behavior Issues On The Autism Spectrum Before They Grow Out



Move with a Purpose: Addressing Common Behavior Issues on the Autism Spectrum Before they Grow out of Control by Bobby Newman

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Behavior issues are common on the autism spectrum, and they can be a major source of stress for parents and educators. However, these issues can be addressed and managed with early intervention. This article provides tips and strategies for parents and educators on how to deal with common behavior issues in children with autism.

Common Behavior Issues

There are a wide range of behavior issues that can occur on the autism spectrum. Some of the most common issues include:

- Tantrums
- Aggression

- Self-injury
- Repetitive behaviors
- Social withdrawal

Causes of Behavior Issues

The causes of behavior issues on the autism spectrum are complex and varied. Some of the potential causes include:

- Sensory processing difficulties
- Communication difficulties
- Social skills deficits
- Anxiety or depression
- Medical conditions

Assessing Behavior Issues

The first step in addressing behavior issues is to assess the problem. This involves identifying the specific behaviors that are causing concern, as well as the situations in which they occur. It is also important to rule out any medical conditions that may be contributing to the behavior problems.

Developing a Behavior Plan

Once the behavior issues have been assessed, a behavior plan can be developed. A behavior plan is a written document that outlines the specific strategies that will be used to address the behavior problems. The plan should be individualized to the child's needs and should be based on the principles of positive behavior support.

Positive Behavior Support

Positive behavior support is a set of strategies that are designed to increase positive behaviors and decrease negative behaviors. These strategies are based on the belief that children are more likely to behave well when they are given positive reinforcement for good behavior and when they are taught appropriate ways to express their needs.

Strategies for Addressing Common Behavior Issues

There are a variety of strategies that can be used to address common behavior issues on the autism spectrum. Some of the most effective strategies include:

- **Antecedent interventions:** These interventions are designed to prevent behavior problems from occurring in the first place. They can involve things like providing the child with a quiet place to go when they are feeling overwhelmed, or teaching them how to ask for help when they need it.
- **Behavior modification techniques:** These techniques are used to change the child's behavior once it has occurred. They can involve things like rewarding the child for good behavior, or providing them with consequences for negative behavior.
- **Social skills training:** This type of training can help children with autism learn how to interact with others in a positive way. It can involve things like teaching them how to make eye contact, how to start and maintain a conversation, and how to resolve conflicts peacefully.
- **Sensory integration therapy:** This type of therapy can help children with autism learn how to process sensory information in a more

organized way. It can involve things like providing the child with sensory brushes, weighted blankets, or other sensory input that can help them to feel more calm and focused.

Behavior issues are common on the autism spectrum, but they can be addressed and managed with early intervention. By using the strategies described in this article, parents and educators can help children with autism to develop positive behaviors and live full and happy lives.



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