

POSITIVE BEHAVIOR SUPPORT: STRATEGIES, CHALLENGES AND SOLUTIONS

- Stacy Ward, M.S.
- Director of Family Support
- Prader-Willi Syndrome Association | USA





POSITIVE BEHAVIOR SUPPORT

Objectives

- Define behavior
- Understand how anxiety and sensory needs affect behavior
- Strategies for managing challenging behaviors





POSITIVE BEHAVIOR SUPPORT

What is Behavior?

- Behavior is defined as anything a living organism does
- Behavior is not good or bad, it just is
- Everyone engages in behavior





POSITIVE BEHAVIOR SUPPORT

Principles of PWS Behavior Management

- PWS friendly environment
- Establish clear boundaries
- Create consistent routines and expectations
- Communicate rules
- Prevention is key



POSITIVE BEHAVIOR SUPPORT

PWS Friendly Environment

- Food security
- Calm environment / responses
- Trust
- Consistent meal and snack times

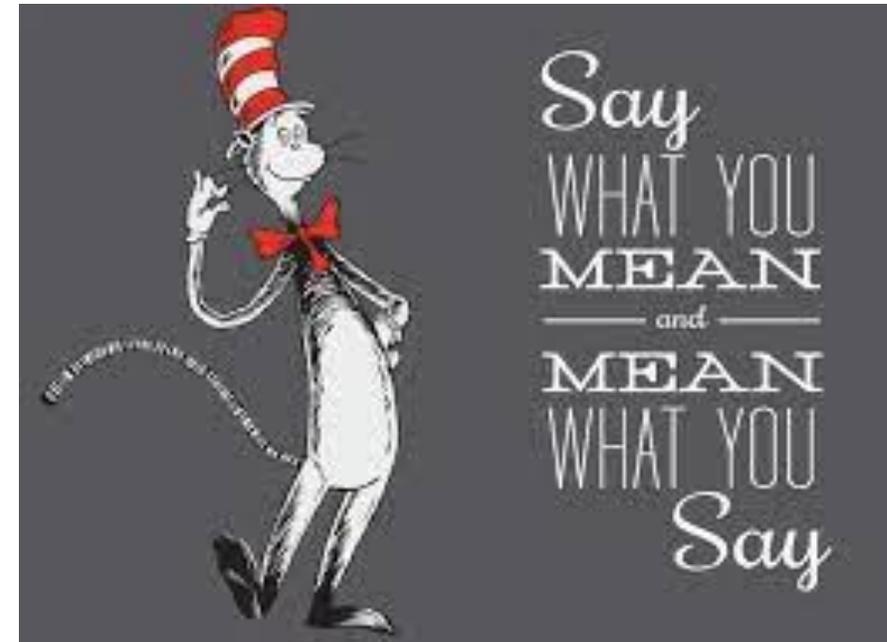




POSITIVE BEHAVIOR SUPPORT

Establish Clear Boundaries

- Establish boundaries around acceptable behavior – what you expect
- Say what you mean and mean what you say
- Give limited, preferential choices
- Be clear, avoid ambiguity “we’ll see”
- Do NOT give in to a tantrum





POSITIVE BEHAVIOR SUPPORT

Create Clear Consistent Routines and Expectations

- Consistency and routines help people with PWS feel secure
- Use picture schedules
- Reward systems
- Preset and paint the picture
- Create rituals
- Use social stories





POSITIVE BEHAVIOR SUPPORT

Communicate the Rules

- Parents / Providers are authority figures
- People with PWS tend to be rule followers
- Engage them in establishing the house rules
- Establish the rule that parents can change the rule “flexible brain”





POSITIVE BEHAVIOR SUPPORT

Consequences

- Negative punishment - loss of desired activity / item – ineffective
- Positive punishment – receiving something undesired – ineffective
- Negative reinforcement – positive behavior follows removal of negative stimulus
- Positive reinforcement – positive behavior follows addition of positive stimulus



POSITIVE BEHAVIOR SUPPORT

Tips for Specific Maladaptive Behavior

- Meltdown or tantrums
- Aggression
- Skin picking
- Perseveration / repeated questions
- Power struggle





POSITIVE BEHAVIOR SUPPORT

Tantrum

- Give time and space
- Maintain safety
- Remain calm and quiet
- Be aware of your body language
- Do NOT give in





POSITIVE BEHAVIOR SUPPORT

Aggression

- Physical aggression - SAFETY FIRST – remove items that may be thrown, keep your distance
 - Do not respond with aggression
- Verbal aggression – use empathy and validate feeling not behavior
- Praise the use of a calm voice
- Do not rehash the behavior





POSITIVE BEHAVIOR SUPPORT

Skin Picking

- Skin picking can happen for several reasons: boredom, anxiety, sensory
- Keep bug bites and wounds covered
- Keep nails short and use a thick lotion to prevent dry itchy skin
- Keep hands busy
- Use positive reinforcement for not picking
- Avoid saying “stop picking”
- OT evaluation for sensory needs
- Medication may be beneficial



POSITIVE BEHAVIOR SUPPORT

Perseveration / Repeated Questions

- Provide reassurance and empathy
- Redirection
- Refer back to rules and schedules
- Only answer the same question three times
- It's okay to say "I need 10 minutes of quiet"





POSITIVE BEHAVIOR SUPPORT



Questions?



Cheers to Charity



- \$10/Ticket
- 1500 Tickets Printed
- Prizes:
 - \$1000 worth of gift cards
 - \$500 worth of gift cards
 - 2 x \$250 worth of gift cards
 - 5 x \$100 worth of gift cards
 - 10 x \$50 worth of gift cards

Raffle proceeds go towards supporting OPWSA's key programs:

PWS Week at Shadow Lake Camp, First Trike Program, Family Fun Day, Fall Conference, free fridge locks to Ontario members, and family gatherings.

Understanding Prader-Willi Syndrome and Autism

- Date: Friday, November 12th
- Time: 11:00am – 12:00pm EST
- Description:
Prader-Willi Syndrome is a relatively straightforward diagnosis. Once symptoms are observed, a blood test can confirm the diagnosis. But, what do you do when you suspect your child, who already has a PWS diagnosis, may also have autism? Many of the behavioral characteristics of PWS are similar to those of autism. Cindy will explain how the two diagnoses are similar and different, why and when to consider an autism evaluation and what the diagnosis, or lack thereof, ultimately means for the child and their family.



**Cindy Szapacs,
M.Ed. BCBA**

Virtual Dance Party

- Date: Friday, November 12th
- Time: 4:30pm – 5:00pm EST
- Description:
Michelle Hillier from Experience Groove will be hosting a 30 minute Virtual Dance Party/Wellness-Focused Movement Experience for individuals with PWS of all ages. No dance experience required! Just come and have fun!





Ontario Prader-Willi Syndrome Association

Thank You!