

# A few golden rules: strategies that may help at home

## **Choose your battles carefully**

Focus on a few important boundaries like safety issues. Learn to 'let go' of things that are not important. Consider: is it worth a meltdown?

## **Balance tolerance and demands**

Every day is different for children with PDA. When anxiety is high, demands should be few. When your child is more relaxed, demands can be increased.

## **Don't take it personally**

Children with PDA are driven by anxiety. They can say and do things that are hurtful. Understand that the 'root cause' of this behaviour is their high anxiety.

## **Use indirect demands or requests**

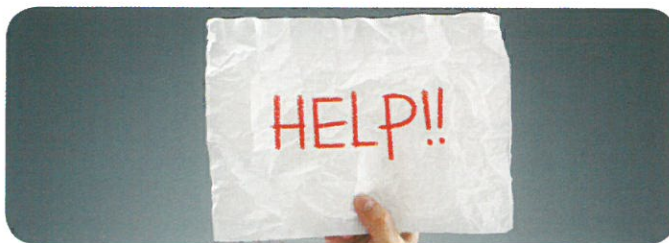
Challenges are great for getting things done. For example, "Race you to the bathroom – bet I can wash my face before you!"

## **Offer limited choices to give the child a sense of control & autonomy**

Saying "do you want to have a bath or a shower?" communicates the need to wash but offers a choice, which helps to reduce anxiety.

**Individuals with PDA also have many strengths and qualities, such as being creative, affectionate and focused on things that interest them. These can often be used to capture their interest, disguise demands and lower anxiety levels.**

# Do you suspect your child has PDA or has your child recently been diagnosed with this condition?



The **National Autistic Society** (NAS) website has a useful guide to the PDA profile, which can be given to family members, teachers and other professionals who may be involved in supporting your child. Search for 'PDA' on the NAS website [www.autism.org.uk](http://www.autism.org.uk)

You can find more **advice and support** via the PDA Society website [www.pdasociety.org.uk](http://www.pdasociety.org.uk)

- Case studies, books and other resources
- Links to external websites, Facebook groups and blogs
- A discussion forum and a parent enquiry line
- Useful strategies and dealing with meltdowns
- Information about diagnosis

## **Connect with us on social media**

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# A Parent's Guide to Understanding Pathological Demand Avoidance (PDA) - Part of the Autism Spectrum

