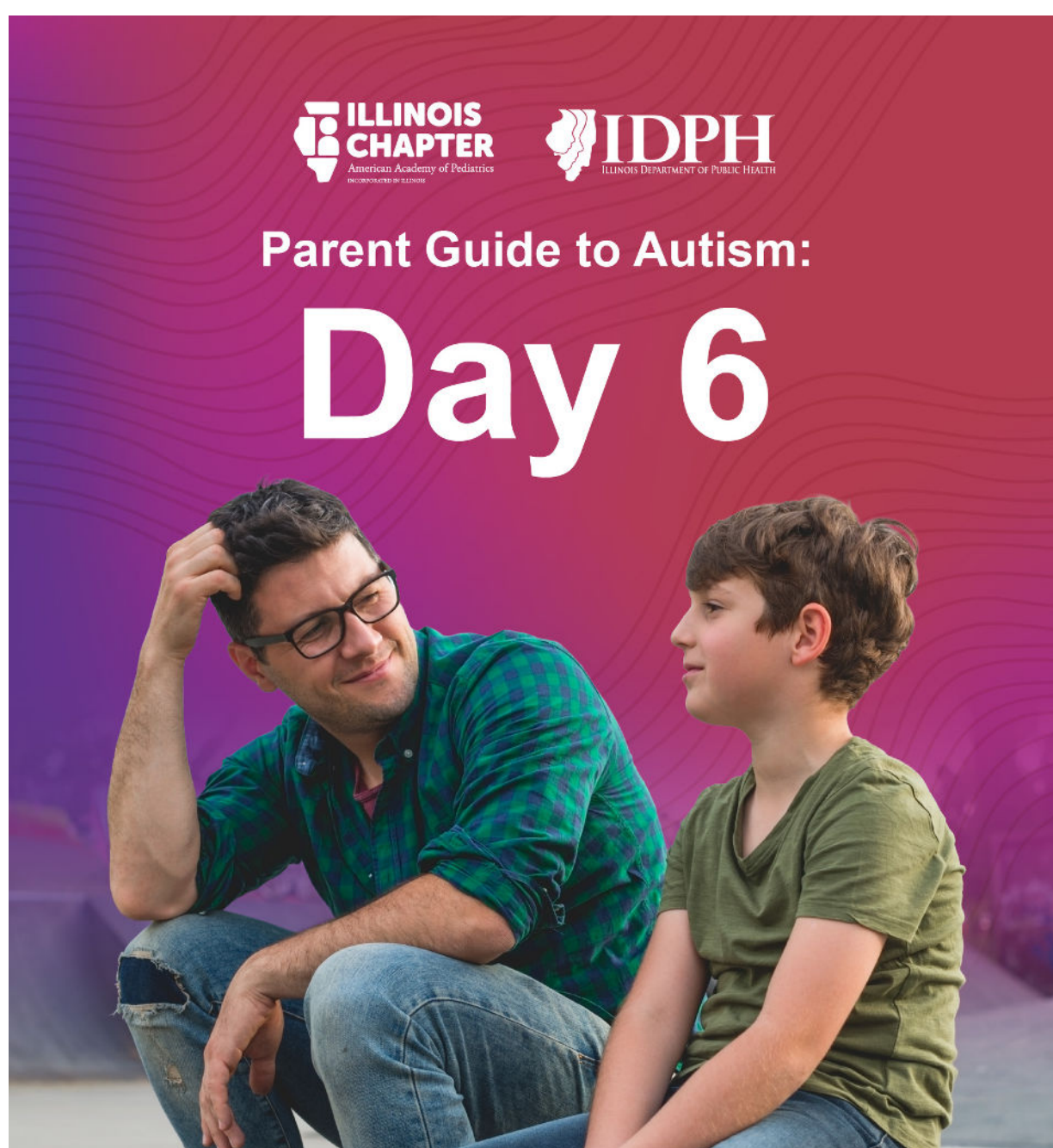


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Welcome back, <<First Name>>!

Resources and Tools to Help Families Thrive

Understanding Behavior Challenges

Children with autism often struggle with behavior because communication, understanding social situations, and coping with change can be difficult. It's important to remember that behaviors are usually a form of communication, your child may be trying to tell you something they can't express in words.

Behaviors are typically shaped by:

- Triggers (things that happen before the behavior, like loud noises, transitions, or frustration)
- Consequences (what happens after the behavior, like getting attention or escaping a difficult task)

Identifying these patterns helps you understand why a behavior happens, not just what it looks like.

Practical Strategies You Can Use

Here are some ways to support your child and reduce challenging behaviors:



Observe patterns. Pay attention to what comes just before a behavior and what happens after. This gives you clues you can use to plan better support.



Create predictable routines. Visual schedules, warnings before transitions, and preparing your child for what's coming can significantly reduce anxiety and challenging behaviors.



Teach alternative skills. Help your child develop communication skills, emotional understanding, and coping strategies so they have alternatives to challenging behaviors.



Be consistent. Responding the same way each time a behavior occurs helps your child learn which behaviors are effective and which aren't.

Remember: Managing behaviors takes time, patience, and often support from professionals like behavioral specialists or psychologists.

Helpful Resources:

Understanding and Managing Behavior

- [Children with Autism and Behavior Challenges](#) – Comprehensive guide to understanding why behaviors happen and evidence-based strategies for addressing them
- [Keep Kids with Autism Safe from Wandering](#)
- [Words of Support for Parents of a Child on the Autism Spectrum](#) – Encouragement and perspective from other parents and professionals

For Pre-Teens and Teens

- [Involving Your Child in the Decision-Making Process](#)
- [Autism and Mental Health: How to Support Your Teen](#) – Addressing mental health challenges during adolescence
- [Helping Teens With Autism Transition to Adulthood](#) – Tips for supporting your teen as they move toward independence

Tomorrow we'll wrap up this series with final thoughts and encouragement.

You've learned so much this week, you should be proud of how you're showing up for your child!

With care,

The ICAAP Team

Get Connected!



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