

When Behaviour Is Communication

What we see is not always the whole picture.

Behaviour can be influenced by communication,
sensory needs, emotions, environment and capacity.
Understanding always comes before change.

WHAT WE MIGHT NOTICE	WHAT WE MIGHT CONSIDER
 AVOIDANCE / SAYING NO Turning away, saying no, resisting or avoiding.	• Overwhelm • Uncertainty • Needs more processing time
 SHUTDOWN Going quiet, zoning out or withdrawing.	• Overload • Exhaustion • Needs space
 ANGER / DISTRESS Raised voice, physical responses or visible distress.	• Frustration • Unmet need • Difficulty communicating a need

**Before responding to the behaviour,
consider what may be happening underneath it.**