

11 Tips for Supporting Students with ODD/PDA

Choose your battles

As soon as you find yourself in conflict, ask "Is conflict going to resolve or escalate the situation?"

Use distractions

Distract the child to something else in a very calm voice

Catch the child doing great things

Even if they sit still for one second, tell them "great sitting" as soon as they do the right thing

Let them be your special helper

Give them special tasks or jobs to do

NEVER take what they say personally

Sometimes what they say is awful, but what they want most is the reaction so don't react

Strategies will wear out quickly!

When they wear out quickly, move on to another strategy

Look at strategies to manage anxiety

Children with ODD have a strong resistance to change and change can cause anxiety

Offer clear choices

Make sure the choices have set boundaries

Break tasks up

Divide tasks and activities into small, achievable steps

Find ways to connect

Try to build a relationship with them. Start talking about things they love or are interested in

Use physical prompts

Physical prompts can be better than directly asking them to do something e.g. point to work



PATHOLOGICAL DEMAND AVOIDANCE (PDA) IN THE CLASSROOM

Understanding and Teaching Strategies for Educators



ONLINE ON-DEMAND COURSE

Join Laura Kerbey, the best-selling author and renowned educator, for an enlightening course on Pathological Demand Avoidance (PDA).

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What's included?

- ✓ Online On-Demand
- ✓ 2 Hours
- ✓ 6 weeks to complete
- ✓ Certificate
- ✓ Handout includes Additional Helpful Tips
- ✓ IT Support

HOW TO REGISTER

Schools and other Organisations wishing to register groups of Staff or for use in Staff Meetings for Professional Development please email support@suelarkey.com.au
Group Discounts available



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