

## National Institute for Empowerment of Persons with Multiple Disabilities (Divyangjan)

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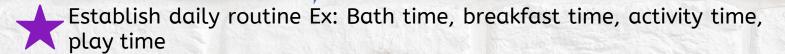




## Management of challenging behaviours of children with special needs at Home during Lockdown



## Some Suggestions!



- Include lot of physical activities in the daily routine such as exercise, yoga and walking on terrace etc.
- Involve the child in doing activities of daily living and household tasks even if it takes longer time to complete
- Reward the child when he/she engages in appropriate behaviors
- Provide clear and simple instructions while doing the task
- Encourage & engage the child in independent tasks which he/she had already mastered.
- Use the child's preferred tasks /activities of their interest for teaching a new skill or engaging them meaningfully
- When child engages in problem behaviour, redirect them gently to the appropriate activity and reward them

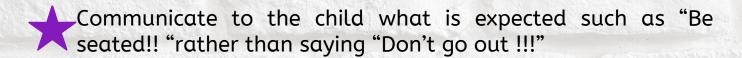




Handle aggressive and violent behaviour in calm manner



Teach them to communicate such as pointing, asking etc., in place of exhibiting problem behaviour



- Use activities according to the age and ability of the child i.e., activities should not be too simple or too difficult
- Involve siblings for improving play, social, emotional and communication skills
- Every member of the family has to consistently use the techniques to handle the behavioural issues
- Most importantly understand why, when, where, with whom the behaviour is occurring.



Regularly wash hands with soap & water

Practice social

distancing

Use hanky or tissue while sneezing or coughing



