



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

Department of Empowerment of Persons with Disabilities (Divyangjan)

Ministry of Social Justice & Empowerment,

Govt. of India ECR, Muttukadu, Kovalam Post, Chennai-603112, TN

Ph: 044 27472423, 27472104, Toll free No. 1800 425 0345 Email: niepmd@gmail.com

Website: www.niepmd.tn.nic.in

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

Some Suggestions !

- ★ Establish daily routine Ex: Bath time, breakfast time, activity time, play time
- ★ 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
- ★ Communicate to the child what is expected such as “Be seated!!” rather than saying “Don’t go out !!!”
- ★ 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

