

Bower Grove Support

Support for the Wider Community 1993 - 2015
For Families of Children with Special Needs



Bower Grove School Fant Lane Maidstone Kent ME16 8NL

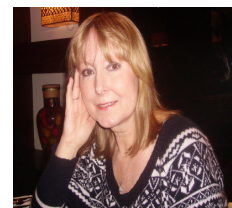
SUMMER 2015 NEWSLETTER



Hi! This year has whizzed by and I can't believe we are into the summer term already. It was great to see so many of you from in and around Maidstone during the year. We held some great meetings and workshops; please see a synopsis of key meetings throughout the newsletter. We covered Benefits, Behaviour, ASD Current Approaches, SEN Reforms Workshop, Kent Autistic Trust, ADHD Workshop and Dr Liz O'Nions UCL returned to discuss the

findings of her PhD research on (PDA) Pathological Demand Avoidance, please see information on page 3. In addition Bower Grove Parent Support, in conjunction with Kent Adult Education, were pleased to be able to offer to parents and carers a free course at Bower Grove School on Autism and Asperger Syndrome. Lastly, Pam Stephens joined us once again for one of her talks on Behaviour Management - A Parent Survival guide; again please see synopsis over the page.


If there is a special subject you would like covered please email me Jo Cousins at psg.bowergrove@btinternet.com or speak to me at one of the meetings and I will do my best to help. Please see our web page details at the end of page 4.



Josephine Cousins

SUMMER 2015 PROGRAMME

OPEN TO ALL SCHOOLS - NO NEED TO BOOK

Friday 1 st May 10.15am-12noon	 COFFEE MORNING 'Strictly No Work-Just Chat' Please join us for an informal chat to meet other parents & carers.
Friday 8 th May 10.15am-12noon	(IASK) INFORMATION ADVICE SUPPORT KENT Kerry Miles, co-ordinator, joins us to discuss the services available for SEN from (IASK) formally Partnership with Parents (PwP). Kerry will also be joined by an Independent Supporter who will be happy to discuss and answer questions on the conversion of Statements of SEN to Education Health and Care Plans.
Friday 3 rd July 10.15am-12noon	BEHAVIOUR INTERVENTIONS: Kevin Wiley, Bower Grove School, joins us to discuss how to de-escalate situations. All are welcome to join us.

PATHOLOGICAL DEMAND AVOIDANCE

On Friday 6th February, Liz O'Nions came to talk about her PhD research on pathological demand avoidance (PDA). PDA is a behavioural profile characterised by obsessive resistance to everyday demands and requests, use of "socially manipulative" avoidance strategies, obsessive need for control, and a tendency to engage in socially shocking behaviour. This work is prompting greater interest in PDA from clinicians and other researchers, reflected in the increasing number of research publications on the topic in peer reviewed journals. Liz's talk highlighted the high degree of overlap between PDA and autism spectrum disorders. Her preliminary findings suggest that despite the fact that individuals with PDA have been described as "manipulative" - suggesting good social awareness - they may have deficits in certain aspects of social processing (e.g. poor awareness of hierarchy, inability to behave appropriately). Liz's work is also showing a lot of typical ASD features in PDA. Liz discussed the need for research to look at a broader group of clinically referred participants to get a better grasp of how PDA relates to other profiles (e.g. attachment disorder, oppositional defiant disorder).



Here are a few links regarding PDA:

What the NAS say about PDA:

<http://www.autism.org.uk/about-autism/related-conditions/pda-pathological-demand-avoidance-syndrome.aspx>

PDA (Pathological demand avoidance syndrome) - | autism | Asperger syndrome |

Pathological demand avoidance syndrome (PDA) is increasingly recognised as part of the autism spectrum. People with PDA will avoid demands made by others, due to their high anxiety levels when they feel that they are not in control.

[Read more...](#)

Work on PDA & educational experiences by Emma Gore-Langton (summary):

<https://pdaeducationalexperiences.files.wordpress.com/2013/06/pda-educational-experiences-research-summary1.pdf>

The PDA society site:

<http://www.pdasociety.org.uk/>

List of research publications on PDA (contact Liz if you can't get them):

<https://sites.google.com/site/lizonions/moreinfoaboutresearch>

Find out more about research - PDA - Liz O'Nions
Research web-site

[Read more...](#)

BEHAVIOUR MANAGEMENT

A PARENTS' SURVIVAL GUIDE



Mrs Pam Stephens, Bower Grove School, STLS, joined us for an evening meeting to speak about Behaviour Management – A Parents' Guide. She described being a parent as one of the toughest jobs in the world, with little opportunity for formal training, no pay, huge restraints on freedom and a drain on money and emotional resources! However, it's a job that can be hugely rewarding as well.

Pam shared with us some ideas from people who have been through the parent trap and some information from researchers and professional people.

Pam highlighted that many children have disabilities or conditions that cannot be changed. As parents we need to accept what can't be changed but at the same time give our children strategies to cope in our society. There was a special mention for children with Autistic Spectrum Disorders – where children benefit from clear language, routines and recipes to reduce their anxiety levels.

Pam outlined how we can use Behavioural Methods to manage behaviour in the early years, being consistent in our responses and only giving the reward of our attention for appropriate behaviours (just like "Super Nanny"). Later, children can understand a more "Cognitive" form of management, reasoning about their actions and planning ways to avoid stress. At this stage children can use the ABCD of behaviour management:-

A = Antecedent (what happened just before...)

B = Behaviour (What did you do....)

C = Consequence (Then what happened?)

D = Discussion (OK, so how could we have done it differently?)

Help children to be responsible for their own behaviour. Avoid "Naughty Table Syndrome" – its no good smacking a table if your child bumps their head on it! Give the cuddles but the message must be "You should have looked where you were going!" Pam talked about rewards and sanctions and pleaded with us never to threaten "Father Christmas won't come" when we all know he will!

(Far better to say he works on a points system – giving more for good behaviour)

Pam touched on many of the common "battlefields" such as bedtimes, dinner times and peer group pressure. She gave us some ideas for anger management, building self-esteem and using reward charts and contracts. Through it all she encouraged us to take charge and use:-

Mum and Dad Power!

- ❖ **You love your children – let them know it.**
- ❖ **Hang on to parent power – you are boss!**
- ❖ **Be clear, consistent and positive.**
- ❖ **It's a job for life! (And it's a great one!)**

ASD/ASPERGER AWARENESS COURSE

Last term Bower Grove Parent Support Group in conjunction with Kent Adult Education were pleased to be able to offer to parents and carers, a free course at Bower Grove School on Autism and Asperger Syndrome. Steve Vincent joined us for a very comprehensive presentation.

The main focus of the session covered: 'What is difficult behaviour versus normal behaviour'; 'Causes of challenging behaviour' and 'How is Autistic Behaviour different and strategies for Behaviour Management'.

Please see some suggested useful resources Steve was able to share with us:



- www.widget.com Communicate in Print 2
- www.mashley.net iPhone and iPad apps for communication
- www.learningresources.co.uk Educational toys, games and resources for emotional awareness, traffic light timers, and motor skills etc
- www.resourcesforinclusion.co.uk Free social story templates, printable home visual supports, home routines, emotion flash cards etc
- eBay shop 'extra-special-friends' - Cheap, ready laminated social stories, reward charts, PECs support. Can be customised.
- Page on Facebook 'Autism Sparks' - Useful daily tips for parents
- Jessica Kingsley publishers
- National Autistic Society

BOWER GROVE PARENT SUPPORT

MESSAGE FOR NEW PARENTS AND CARERS



If you are reading this newsletter for the first time I hope you found it interesting. Our workshops and meetings are free and open to all parents/carers regardless of your child's age, with or without a diagnosis, and that includes any other school and please note: **there is no need to book.**

Family members and young children are welcome to join our informal meetings too. We see parents and carers of children of all ages and cover a wide range and area of topics including workshops on Anger Management, Behaviour, Speech and Language, Autistic Spectrum Conditions, ADHD, the Benefits system and much more. We have accrued a host of specialist speakers and utilise the expertise within Bower Grove School. If you would like a subject or topic covered please contact me, Jo Cousins at psg.bowergrove@btinternet.com and I will do my best to help.

COFFEE MORNINGS: Please join us for an informal chat and coffee at our next Coffee Morning; it's a good opportunity to have a chat with other parents and carers. (Coffee Mornings tend to be much smaller than our large workshops and talks). Please see Web page & Contact details listed below.

Josephine Cousins

BOWER GROVE PARENT SUPPORT

CONTACT: Josephine Cousins Tel: 01622 726773 (during school hours)

Web: www.bower-grove.kent.sch.uk and select **Parent Support** for links and important SEN information.

Email: psg.bowergrove@btinternet.com

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