

TIPS AND SUGGESTIONS FOR CAREGIVERS

Agree on, and use a consistent approach that encourages thinking and waiting.

TEACHING “STOP + THINK + DO” AS FOLLOWS:

1. **STOP** – before doing or saying something
2. **THINK** – about what effect this will have and what would be the best strategy
3. **DO** – the action / behavior selected

IF AN IMPULSIVE BEHAVIOR OCCURS, STOP THE ACTION AND EXPLAIN WHY YOU STOPPED IT.

- ✓ Give clear, consistent feedback each time about:
 - what was OK,
 - what should have happened,
 - and what needs to change.
 - as part of the feedback talk about the effect of impulsive actions for the person and on others.
- ✓ Agree on, and set, safety limits to protect the person you are with and yourself. Talk about those limits and how you will maintain them.
- ✓ Stay positive and calm. Easy to say, but harder to do, when someone does something sudden or unexpected.
- ✓ Reduce the opportunity to be impulsive with structure and planning.
 - Work and agree on the plan for daily routine and activities together.
 - Break activities and tasks into manageable steps.
- ✓ Be aware of safety both at home and in the community and remain vigilant about potential areas that might cause difficulty:
 - In the community: busy roads, shopping centers with excessive noise and distraction, unsafe areas or construction areas. If a child is prone to impulsive actions, you might walk on the road side of the child and stay close enough to be able to stop the child from sudden movement.
 - Look for areas in the home that create distractions, obstacles such as loose rugs, furniture or uneven areas that might be unsafe with sudden movement particularly if balance and stability are issues.
 - Be aware of items that might create a danger such as work tools, knives, and weapons. Remove them or supervise accordingly.
- ✓ Tailor the level of support to the situation. The more potentially dangerous a situation is, the more support and supervision may be needed.
- ✓ Practice strategies when there is not a risky situation to help slow down or reduce impulsive reactions.
- ✓ Support family, friends, and colleagues to understand and work to manage impulsive behavior.