

<https://www.autismlearns.co.uk/>



Online learning  
for parents,  
carers and  
professionals

## Managing Distressed Behaviour in Lockdown

An online learning series: 26th & 27th February 2021



Join us for this two part online series, exploring the topic of **Managing Distressed Behaviour in Lockdown**.

### About this Event

Welcome to Autism Learns. We provide trusted online learning to parents, family carers and professionals who support children and adults on the autism spectrum. Brought to you by the organisers of The Autism Show, we share the knowledge and practical skills to help you at home and in the workplace.

This month's online learning series has been designed to help you understand and manage distressed behaviour during lockdown. We'll be addressing the specific challenges created by the pandemic and offering strategies which can make a positive difference. In particular we'll be exploring destructive behaviours (throwing objects or breaking property), self injury (head banging or hand biting) and hurting others (hitting, kicking or hair pulling), and how home and school can work together using a Quality of Life (QoL) approach for the betterment of autistic young people and their families.

Learnings include:

- An insider's view on understanding autism and the common causes of distressed behaviour
- Identifying how sensory issues may cause certain behaviours and finding ways to minimise triggers
- Understanding the impact of stress on behaviour: how to use low arousal approaches to reduce distressed behaviour
- How can schools support students and families on a practical level to improve their wellbeing and reduce distress?
- Practical tips for parents and teachers to cope with home schooling during the pandemic
- Helping autistic children to cope with anxiety and other mental health issues in these uncertain times
- Recognising distress, meltdown and shutdown and what you can do to help and avoid them happening
- Taking care of yourself: strategies to recover effectively from emotional exhaustion and stress during lockdown

**Book the series now for just £29.99 for parents and family carers, and £49.99 for professionals. Content is CPD certified. Price includes 30 day access to recordings of all the webinars in the series.**

## PRESENTATION BY JOY BEANEY

Friday 26<sup>th</sup> February 11:10-12:10



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**What's sensory got to do with it?**  
Identifying how sensory issues may cause certain behaviours and finding ways to minimise triggers

Joy Beaney



**AUTISM** TRAINING AND CONSULTANCY  
www.autismtrain.co.uk

To find out details of all the presentations visit [www.autismlearns.co.uk](http://www.autismlearns.co.uk)

### BOOK TICKETS

<https://www.eventbrite.co.uk/e/autism-learns-managing-distressed-behaviour-in-lockdown-tickets-139570923389>