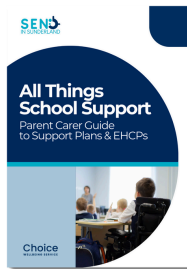
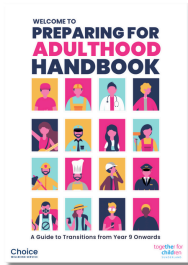
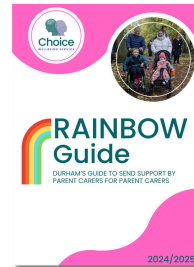
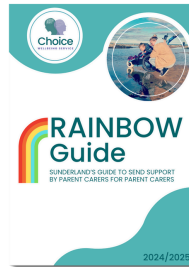


Here are just a few more guides we have available!



Guides on specific subjects

Rainbow Guides



Transitions Guides

# Positive Behaviour Support (PBS)

## Parent Carer Guide to PBS

# Your Child, Your Choice

Because one size doesn't fit all

Find our  
website here:



Choice  
WELLBEING SERVICE



Positive Behaviour Support (PBS) is a person-centred approach to understanding and responding to challenging behaviour.

It moves away from simply reacting to behaviours and instead focuses on proactively preventing them by addressing their underlying causes. PBS recognises that challenging behaviour is often a form of communication, especially for individuals with disabilities or complex needs who may struggle to express themselves in other ways.

### Here's a breakdown of the key principles of PBS

#### Understanding the Function of Behaviour:

- Identify Triggers: PBS involves carefully observing and analysing the challenging behaviour to identify what triggers it and what purpose it serves for the individual.
- ABC Analysis: This involves looking at the Antecedents (what happens before the behaviour), the Behaviour itself, and the Consequences (what happens after the behaviour).
- Develop Hypotheses: Based on this analysis, hypotheses are developed about the function of the behaviour, such as seeking attention, escaping a task, or sensory stimulation.

#### Person-Centred Approach:

- Individualised Plans: PBS plans are tailored to the individual's specific needs, strengths, and preferences.
- Collaboration: PBS involves collaboration between the individual, their family, carers, and professionals involved in their care.
- Respect and Dignity: The approach emphasises treating the individual with respect and dignity, recognising their right to make choices and have control over their lives.

For more support covering  
PBS, read here:



#### Developing Proactive Strategies:

- Preventative Measures: Once the function of the behaviour is understood, proactive strategies are put in place to prevent it from occurring in the first place.
- Environmental Changes: This may involve modifying the environment to reduce triggers, such as providing a quiet space for a child who is easily overstimulated.
- Skill Building: Teaching the individual new skills and strategies to communicate their needs and cope with challenging situations can also be helpful.
- Reinforcement: Positive reinforcement is used to encourage desired behaviours, such as praising a child when they use appropriate communication instead of resorting to challenging behaviour.



#### Long-Term Focus:

- Sustainable Change: PBS aims to create sustainable, long-term changes in behaviour by addressing the underlying causes and building positive skills.
- Ongoing Monitoring and Review: PBS plans are regularly monitored and reviewed to ensure they remain effective and relevant to the individual's needs.

#### Benefits of PBS:

- Reduced Challenging Behaviour: By addressing the root causes of challenging behaviour, PBS can lead to significant reductions in its frequency and intensity.
- Improved Quality of Life: PBS can improve the quality of life for individuals with challenging behaviour and their families by creating a more positive and supportive environment.
- Increased Independence: By teaching new skills and strategies, PBS can help individuals become more independent and participate more fully in their communities.

PBS is an effective approach to supporting individuals with challenging behaviour, promoting positive change, and improving their overall well-being.