



Try an activity once a day or week which is a *ritual* that:-

- starts and ends with the same idea (e.g. sound, song, or dance)
- is in the same 'special place'
- uses the same music
- has the same activities

This routine can help create *security* and *comfort*, where *ownership* and *empowerment* can develop.

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<p>Helpful Guidelines</p> <p>Praise, clap Reinforce positive behaviour Simple instructions Communicate clearly Don't acknowledge 'bad' behaviour Accentuate the positive Switch mood (e.g. clap, praise) Avoid escalation Use a gentle approach Be calm Breathe deeply Hum, sing gently</p> <p>Have fun and relax when you can!</p> <p>© Touch Trust 2011</p>	<p>Helpful Guidelines</p> <p>Praise, clap Reinforce positive behaviour Simple instructions Communicate clearly Don't acknowledge 'bad' behaviour Accentuate the positive Switch mood (e.g. clap, praise) Avoid escalation Use a gentle approach Be calm Breathe deeply Hum, sing gently</p> <p>Have fun and relax when you can!</p> <p>© Touch Trust 2011</p>	<p>Helpful Guidelines</p> <p>Praise, clap Reinforce positive behaviour Simple instructions Communicate clearly Don't acknowledge 'bad' behaviour Accentuate the positive Switch mood (e.g. clap, praise) Avoid escalation Use a gentle approach Be calm Breathe deeply Hum, sing gently</p> <p>Have fun and relax when you can!</p> <p>© Touch Trust 2011</p>	<p>Helpful Guidelines</p> <p>Praise, clap Reinforce positive behaviour Simple instructions Communicate clearly Don't acknowledge 'bad' behaviour Accentuate the positive Switch mood (e.g. clap, praise) Avoid escalation Use a gentle approach Be calm Breathe deeply Hum, sing gently</p> <p>Have fun and relax when you can!</p> <p>© Touch Trust 2011</p>
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