



# **No Fighting, No Biting, No Screaming: How to Make Behaving Positively Possible for People with Autism and Other Developmental Disabilities**

*Bo Hejlskov Elvén*

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# No Fighting, No Biting, No Screaming: How to Make Behaving Positively Possible for People with Autism and Other Developmental Disabilities

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Fighting, biting, screaming and other behaviours that challenge the people dealing with them are often triggered by unsuitable surroundings or unrealistic demands. In this fresh and effective approach, Bo Hejlskov Elvén shows how identifying and adapting these problem areas can dramatically improve behaviour in people with autism and other developmental disabilities.

This practical book explains how to reassess difficult situations and offers easy and effective strategies for eliciting positive responses without resorting to restraint and punishment. Based on the successful low-arousal approach, it is a proven method of stepping away from distress and towards calm, improving the quality of life of everyone involved. Helpful examples covering a wide range of developmental disabilities from autism to Down's Syndrome illustrate the positive changes that can be achieved.

This empowering book will be invaluable to anyone attempting to deal with unproductive behaviour in individuals with developmental disabilities, whether at home or in a professional environment.

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