

Parent Tip # 15

- Consider providing multiple opportunities for family members to express their feelings as they are able—through family and individual discussions, writing activities, movie making, or play.
- Feelings and needs may be communicated through alternate forms of expression such as the use of augmentative and alternative communication (e.g. iPad, pictures), listening or playing music, dance, yoga, and various visual art forms.
- In addition, recognize that an increase in challenging behaviors may be an expression of anxiety or fear, and consider if support strategies in place are adequate, otherwise you may want to reach out for professional help

Adapted from (AFIRM) is an extension of the National Professional Development

