

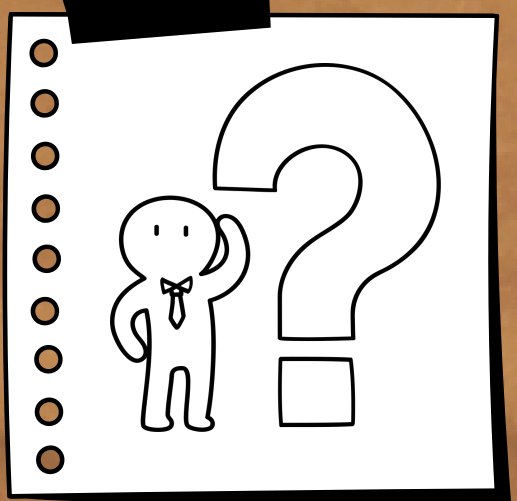
A GUIDE TO PDA

As far as current research is aware, Pathological Demand Avoidance is a profile on the autism spectrum.

PDA can be defined as an extreme resistance to everyday demands caused by high anxiety levels and a personal drive for autonomy.

→ IS PDA A CHOICE?

PDA is not a voluntary behaviour; children with PDA can even reject activities they typically enjoy if they perceive them as demands. This avoidance is driven by anxiety and the need to exert control over their environment. Traditional methods of behaviour modification, such as rewards, punishments, and praise, have limited effectiveness in managing PDA and could make things worse.

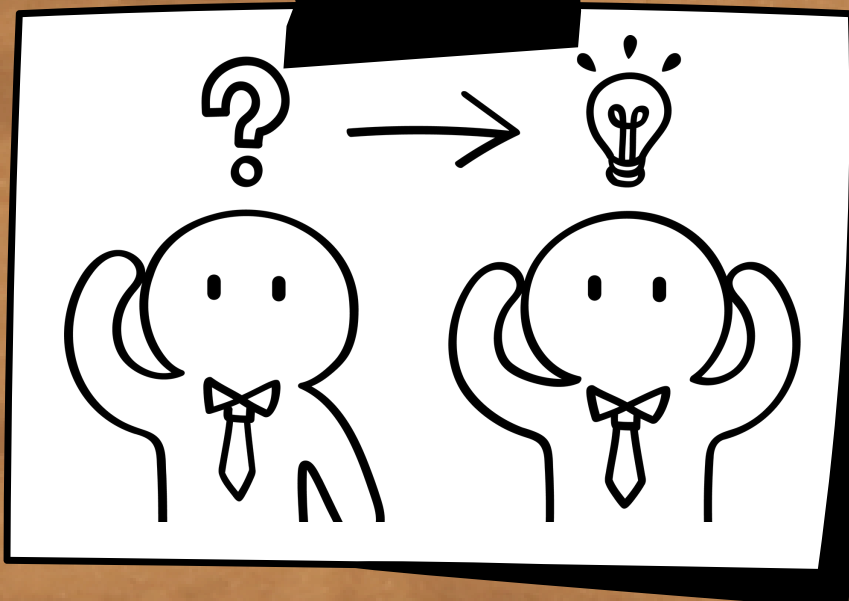


IDEAS

Find the anxiety

Validate their emotions

Give them the tools they need to succeed

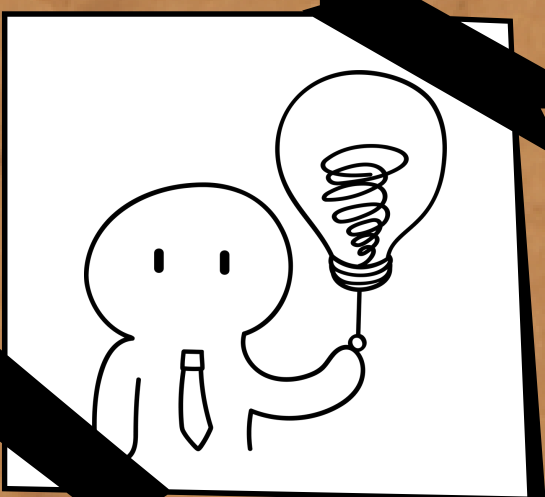


→ SOLUTIONS

- Reduce demands
- Adjust expectations
- Avoid words like no, don't, and can't
- Validate emotions
- Adjust your language (instead of saying today we are doing maths, try saying, here is your maths work. Or say nothing and place the worksheet in front of them.



REVISION ←



- PDA is not a choice.
- It is not a behavioral problem
- It is a profile on the autism spectrum
- It is driven by anxiety.
- rewards and punishments are not effective.
- Choices can be a demand.
- Praise can be a demand.