



WORLD KINDNESS DAY

On 13 November 2020, The Centre will join in the celebration of World Kindness Day. This day is dedicated to inspiring individuals, schools, institutions, charities and businesses across the world towards creating a better place by encouraging the promotion of acts of kindness.



KINDNESS CAN BE DEMONSTRATED IN MANY WAYS

When we consider autistic children and young people it is important to remember that each autistic person is unique with their own strengths and needs.

Not comparing one child to another shows kindness. Remembering that because someone has difficulties communicating and socialising does not mean that they are unaware that they are being excluded. Including autistic children and young people, for example, in play and leisure activities can be another display of kindness.

One significant act of kindness towards caregivers and an autistic person is not to judge especially if an autistic child or young person is not conforming to typical patterns or expectations of behaviour.

PLEASE

BE

KIND

AUTISTIC BEHAVIOUR

Gaining a better understanding of why an autistic person may engage in a particular behaviour can be a form of kindness, allowing us to refrain from assigning a motive and meaning to a behaviour.

Understanding that the behaviour makes sense to the autistic individual in the context of his or her experience of the environment in which they are presented and may be a method of communication can help develop more creative solutions to solve problematic situations and in turn be a simple act of kindness.



DR PATRICIA DALY

In 2014, the Centre had the opportunity to interview Dr Patricia Daly who has completed studies in Applied Behaviour Analysis and Special Education.

Dr Daly has worked in the capacity of a class teacher, Head of the Department of Special Education at Mary Immaculate College Limerick and served as an Advisor to the Special Education Support Service (SESS).

She is a Board Certified Behaviour Analyst and is interested in effective instructional practices for children and young people with learning difficulties as well as positive approaches to behaviour management.

During her interview, Dr Daly discusses common triggers for engaging in behaviours which challenge in addition to environmental supports and positive strategies for teachers and caregivers to help support the autistic child and young person.

To help spread some kindness, read the advice provided by Dr Daly please click: ([Bulletin 12 Autism and Behaviour](#))