What is a ‘Low Demand’ Approach?

Trusting your instincts

- ‘Backing off’ is not backing down
- Sometimes child Can’t not Won’t
- Pushing when someone can’t causes distress
- Parents are the experts
- You can find another way at a better time

Adjusting your communication

- Reduce questions
- Using more ‘declarative language’
- Increase ’I’ and ’We’
- Reduce ‘You’
- I notice
- I wonder
- I imagine
- Slow Down
- Remove possible trigger words .
- Bedtime, School, Dinner, Shower, Chores

Environment

- Adjust to as much of their sensory world as possible
- Find what suits them. What relaxes, what stimulates?
- Give more choice and control where they can feel safe and relaxed
- If settings being sent to are overwhelming you may have to look for alternatives