

PATHOLOGICAL DEMAND AVOIDANCE SYNDROME

MY DAUGHTER IS NOT NAUGHTY

JANE ALISON
SHERWIN

FOREWORD BY PHIL CHRISTIE



Pathological Demand Avoidance Syndrome My Daughter Is Not Naughty

Clare Truman



Pathological Demand Avoidance Syndrome My Daughter Is Not Naughty:

Pathological Demand Avoidance Syndrome - My Daughter is Not Naughty Jane Alison Sherwin, 2015-01-21 Jane Alison Sherwin's honest and uplifting account provides insight into the challenges of bringing up a child with Pathological Demand Avoidance PDA. After years of misdiagnosis, Jane's daughter Mollie was diagnosed with PDA at the age of seven and we follow her experiences pre and post diagnosis to age 10 as she attends school, interacts with the outside world and approaches adolescence. Throughout, Jane provides commentary on her daughter's behaviour and the impact it has on her family, explaining the why of PDA traits including the need for control, meltdowns, obsessive behaviour and sensory issues. She reveals the strategies that have worked for Mollie and provides essential advice and information on obtaining a diagnosis and raising awareness of PDA. The book also includes an interview with Mollie, full of advice and support and with a focus on understanding the child and how he or she sees the world. This book will be of immeasurable value to the parents and families of children with PDA as well as the professionals working with them, particularly teachers and teaching assistants, SEN coordinators, psychologists, outreach workers and social workers.

Me and My PDA Glòria Durà-Vilà, Tamar Levi, 2018-11-21 A PDA diagnosis can be confusing for parents and children alike. This beautiful picture book helps children understand their diagnosis, develop self-awareness and implement personalised problem-solving strategies. A clear and gentle guide to complicated issues, complete with interactive exercises and engaging full-colour illustrations.

The Teacher's Introduction to Pathological Demand Avoidance Clare Truman, 2021-07-21 Everything you need to know about PDA from what it is to how to work with PDA pupils is in the pages of this introductory guide. It outlines effective and practical ways that teachers and school staff can support these pupils by endorsing a child-led approach to learning and assessment. Beginning with an introduction to PDA and how it can affect the education experience, it is then followed by thoughtful, useful strategies school staff can implement to build a collaborative relationship with pupils and help them to thrive in the school environment. The activities presented aim to make children more comfortable and at ease and therefore better able to learn. It covers key issues for children with PDA such as sensory issues, preferred language and phrasing of demands, social skills and recognising distressed behaviour. The chapter summaries and simple activities listed throughout make this a useful tool for busy teaching staff working with PDA pupils.

Collaborative Approaches to Learning for Pupils with PDA Ruth Fidler, Phil Christie, 2018-09-21 This book distils expert advice on implementing collaborative approaches to learning for supporting pupils with Pathological Demand Avoidance Syndrome PDA at school. Explaining why this approach is so beneficial, it presents key information, advice and resources to help education professionals best support pupils with PDA and also school staff.

Super Shamlal - Living and Learning with Pathological Demand Avoidance Kay Al-Ghani, 2019-10-21 This illustrated storybook explains Pathological Demand Avoidance Syndrome PDA through Shamlal the Camel and her avoidance of even the simplest every task. It allows children PDA to recognise and support their additional

needs A helpful introduction for parents carers and appendices with strategies to be used at home and in school are included

PDA Parenting Playbook Marguerite Dora Nash, Feeling overwhelmed and exhausted by traditional parenting advice that doesn't work for your autistic child with a Pathological Demand Avoidance PDA profile Discover a compassionate effective path to connection calm and cooperation This practical parenting playbook offers a lifeline to parents caregivers and educators struggling to support children who experience intense anxiety and an overwhelming need to avoid everyday demands Move beyond constant battles and meltdowns with proven low demand strategies specifically designed for the unique neurology of PDA Inside you'll find a comprehensive toolkit filled with gentle neurodiversity affirming approaches to Understand PDA deeply Uncover the anxiety driven reasons behind demand avoidance and see the world through your child's eyes Shift your parenting mindset Move from control to collaboration building a foundation of trust and safety Master low demand communication Learn the art of indirect language offering genuine choices and using humor and novelty to reduce pressure Navigate meltdowns and shutdowns effectively Identify triggers learn de-escalation techniques and support your child and yourself through periods of overwhelm Transform tricky daily routines Discover practical strategies for hygiene mealtimes sleep homework and social outings that foster cooperation rather than conflict Nurture your child's self-esteem Focus on strengths support autonomy and cultivate a positive autistic and PDA identity Care for yourself Recognize the unique stresses of PDA parenting and find sustainable ways to manage your own well-being Stop walking on eggshells and start building bridges This playbook provides actionable insights real life examples and reflective prompts to help you create a calmer more connected family life empowering both you and your child to thrive If you're seeking affirming effective alternatives that truly make a difference for a demand avoidant child this guide is your essential companion [Helping Your Child with PDA Live a Happier Life](#) Alice Running, 2021-09-21 Drawing on the author's personal experience of parenting a child with PDA this insightful and informative guide offers strategies and tips for all aspects of daily life including sensory issues education and negotiation Full of advice and support this book is not intended to provide information on how to change your children Rather it is focused on creating the type of environment that will allow children to be authentically themselves thereby enabling them to flourish and thrive *PDA in the Therapy Room* Raelene Dundon, 2021-02-18 Pathological Demand Avoidance PDA presents a unique challenge for professionals whereby conventional therapy methods are often perceived as demands and met with opposition where they normally would have proven effective This guide sets out the most effective strategies for clinicians to provide the best care for children with PDA adapting conventional modes of therapy to suit their needs Methods include indirect techniques such as play based therapy or trauma informed approaches enabling the child to process their experiences on their own terms With additional guidance for supporting the families of patients and addressing common obstacles this book provides understanding and guidance for professionals making a difference to the lives of children with PDA **The Family Experience of PDA** Eliza Fricker, 2021-11-18 Eliza Fricker gets

it Describing her perfectly imperfect experience of raising a PDA child with societal judgements and family pressures she knows how easy it is to feel overwhelmed resentful and alone The Family Experience of PDA s comedic illustrations explain these challenging situations and emotions in a way that words simply cannot bringing some much needed levity back into PDA parenting Humorous anecdotes with a compassionate tone remind parents that they are not alone and they re doing a great job If children are safe happy and you leave the house on time who cares about some smelly socks A light hearted and digestible guide to being a PDA parent covering everything from tolerance levels relationships and meltdowns to collaboration flexibility and self care to dip in and out as your schedule allows to help get to grips with this complex condition This book is an essential read for any parent with a PDA child to help better understand your child build support systems and carve out some essential self care time guilt free

Behaviour Barriers and Beyond Rachel Thynne,2021-11-29 This practical resource helps school staff to reframe behaviour as a means of communicating a need ensuring they can sensitively and effectively support children with a range of Social Emotional and Mental Health SEMH needs and Special Educational Needs and Disabilities SEND With case studies and examples woven throughout the book focuses on relational and strength based approaches to improve mental health and wellbeing self esteem sense of safety and in turn behaviour and educational outcomes All advice is carefully designed to have the maximum positive impact on the child and minimum impact on teacher time and resources Key features include Accessible explorations of a range of difficulties and their effects on school life A variety of supportive strategies tips and advice designed to be easy to implement effectively within a busy classroom A focus on building and maintaining positive relationships making the classroom a safe learning environment Small adjustments can make a huge difference to wellbeing whether they are for those with a diagnosis with SEND with SEMH needs with anxiety or just those having a hard time This book will be an essential tool for teachers SENCOs and school leaders in both mainstream and specialist settings

PDA by PDAers Sally Cat,2018-05-21 To think of PDA as merely involving demand avoidance is to me akin to thinking of tigers as merely having stripes This book is a unique window into adult Pathological Demand Avoidance PDA exploring the diversity of distinct PDA traits through the voices of over 70 people living with and affected by the condition Sally Cat an adult with PDA has successfully captured the essence of a popular online support group in book form making the valuable insights available to a wider audience and creating a much needed resource for individuals and professionals Candid discussions cover issues ranging from overload and meltdowns to work relationships and parenting This is a fascinating and sometimes very moving read

The PDA Paradox Harry Thompson,2019-02-21 Diagnosed with Pathological Demand Avoidance PDA in his teenage years Harry Thompson looks back with wit and humour at the ups and downs of family and romantic relationships school work and mental health as well as his teenage struggle with drugs and alcohol By embracing neurodiversity and emphasising that autistic people are not flawed human beings Thompson demonstrates that some merely need to take the scenic route in order to flourish and reach their full potential The memoir

brings to life Harry's past experiences and feelings from his torrid time at school to the peaceful and meaningful moments when he is alone with a book writing or creating YouTube videos Eloquent and insightful The PDA Paradox will bring readers to shock laughter and tears through its overwhelming honesty It is a turbulent memoir but it ends with hope and a positive outlook to the future Simple Autism Strategies for Home and School Sarah Cobbe,2019-03-21 Offering a unique overview of a child's point of view of life with autism this guidebook will help parents and teachers better understand how this condition is experienced in day to day life Organised by topic for easy reference it explores the issues that can arise in everyday situations from toilet training to homework Learning points situation specific activities and further resources offer practical guidance while discussion tools such as original poetry illustrate the perspectives of children with autism Concise and accessible this book takes a creative approach to understanding autism and will be an invaluable reference book

Understanding Pathological Demand Avoidance Syndrome in Children Margaret Duncan,Zara Healy,Ruth Fidler,Phil Christie,2011-09-15 Written by professionals and parents this book answers the key questions about PDA and uses case examples throughout to show the impact of the condition on different areas of the child's life The early intervention options and workable strategies for managing PDA positively will make day to day life easier for the child their family and peers

Can I tell you about Pathological Demand Avoidance syndrome? Ruth Fidler,Phil Christie,2015-01-21 Meet Issy an 11 year old girl with pathological demand avoidance syndrome PDA a condition on the autism spectrum Issy invites readers to learn about PDA from her perspective helping them to understand how simple everyday demands can cause her great anxiety and stress Issy tells readers about all the ways she can be helped and supported by those around her This illustrated book is for readers aged 7 and upwards and will be an excellent way to increase understanding about PDA in the classroom or at home It also includes practical tips and recommended resources for parents and professionals **I'm Not Upside Down, I'm Downside Up** Danielle Jata-Hall,Harry Thompson,2022-04-21 Welcome to my downside up life My name is Ariana and I have something called Pathological Demand Avoidance which is a form of autism Most people just think I'm naughty and misbehaved but I want to show you why that's not true by telling you about what my life is like from inside my head Come join me in understanding why I feel like I have to be in control all the time and why it's just not as simple as doing as I am told Can't Not Won't Eliza Fricker,2023-02-21 Eliza Fricker gets it Deceptively simple endearing humorous and emotional illustrations following a family managing the early stages of school avoidance are designed to help parents feel seen and empathetic writing and guidance gives essential advice and tips on navigating school avoidance for parents and professionals alike **Low-Demand Parenting** Amanda Diekman,2023-07-21 Low demand parenting requires radical acceptance It says to the kid right in front of you I see you just as you are You are ok here I love you right here Parent to neurodivergent children and autistic adult Amanda Diekman outlines a parenting approach that finally lowers the bar for the whole family enabling the equilibrium of the home to be restored Low demand parenting allows you to drop the demands and

expectations that are making family life impossible and embrace the joyful freedom of living life with low demands It can be a particularly effective approach for children with high anxiety levels including neurodivergent children Amanda talks from experience and teaches you how to identify what the big tiny and invisible demands are for your own child and gives you the step by step instructions on how to drop them Full of practical resources and scripts that are easy to implement in busy everyday life this book is your flashlight and your map to parenting your uniquely wired child It will not tell you where to go but it will help you find your way so you and your family thrive

When the Naughty Step Makes Things Worse Naomi Fisher, Eliza Fricker, 2024-10-03 Some children just haven't read the parenting books The harder you try the worse it gets There's a hidden contract at the heart of parenting It's the idea that if parents just get it right their children can be made to do what they want Manuals explain how to make it very clear to your children what you want them to do and how to respond when they don't cooperate With the right rewards and consequences in place parents are meant to ensure that their children stay under control That's Time Out and the Naughty Step for the little ones or grounding and withdrawing screen privileges for the older ones If that doesn't work parents are told to be more consistent But what happens if your child is even more consistent than you For every so often along comes a child who hasn't signed the contract They don't buy in When they are put on the Naughty Step they refuse point blank to stay there Promises of stickers and rewards get you nowhere at all Take their iPad away and they say Fine but I'm still not doing that These are the children who rip up the rule book Their parents are left floundering The more they try to bring their children under control the clearer it is that they aren't having any of it The firmer the boundaries the worse their behaviour becomes Things can go downhill fast This down to earth illustrated guide is for parents who need something different It's for those who are fighting battles where they didn't know battles could be fought It's for those who suspect that what they are doing isn't helping but they don't know what else to do It's for families who need a better way to live and who want their children and themselves to thrive

It's a PanDA Thing - A Visit to the World of PDA Rachel Jackson, 2019-05-06 Pathological Demand Avoidance is a little known flavour from the Autistic Spectrum and can be tough for both parent and child Characterised by extreme aversion to requests requirements and high levels of anxiety related behaviours often uncomfortable and at times shocking this book opens up a dialogue between parent and child about PDA

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