



# Family-Centred Positive Behaviour Support Services

The **Family-Centred Positive Behaviour Support Service** is appropriate for families who are struggling with their child's mild-to-moderate problem behaviour. The approach is a preventative one aimed at addressing problem behaviour early so that it does not become entrenched.

Problem behaviour negatively impacts the child's and/or the family's life. Families may start to avoid certain activities (e.g., going to stores, swimming) due to their child's problem behaviour.

Examples of mild-to-moderate problem behaviour include (but are not limited to): noncompliance (e.g., saying or yelling "no," whining, crying, not following parent instructions), mild aggression (e.g., hitting or pushing that does not cause physical injury), leaving assigned area and disruptive behaviour (e.g., throwing items off a table or out a car window; unravelling toilet paper rolls).

Susan will first conduct a brief functional behaviour assessment with families. Families will learn about the causes of problem behaviour, and the aspects of behaviour that are unique to children with Down syndrome, including a review of common health co-morbidities. A primary routine to be addressed in intervention will be identified (e.g., dinner, playtime with siblings, getting ready for school, bedtime).

Susan will then conduct 2-3 hour-long observations in varied settings, including home, school and community (e.g., therapy session, playground, or grocery store). Susan will again meet with the family to collaboratively develop a routine-based intervention plan addressing the targeted problem behaviours. The finalized plan will be given to the family, and up to 2 hours of ongoing support via email or phone will be provided.

Please note that the service is flexibly designed and will be tailored to the needs of each individual family. **We estimate 6-12 hours of service, at a rate of \$120 per hour.**

## Background and Expertise:

Susan Fawcett, M.Sc. RSLP has worked at DSRF since 2003 and is the Director of Therapy, Behaviour and Family Support; she was previously the Head Speech Language Pathologist. Susan is nearing completion of a PhD in Educational and Counselling Psychology, and Special Education at UBC. Susan studied under Dr. Joe Lucyshyn and Dr. Pat Mirenda, both experts in positive behaviour support. Susan has experience developing routine-based and comprehensive behaviour support plans for families of children with Down syndrome.

## Registration

A no charge initial consultation interview is required; please contact [nimet@DSRF.org](mailto:nimet@DSRF.org) to arrange.

