

## CHALLENGING BEHAVIOUR IN NEUROFIBROMATOSIS TYPE 1 (Nf1)

“Behaviour can be described as challenging when it is of such an intensity, frequency or duration as to threaten the quality of life and/or the physical safety of the individual or others and is likely to lead to responses that are restrictive, aversive or result in exclusion”.

The types of behaviour could be:

- Violent – to self and others
- Destructive
- Self-injurious – biting, head butting
- Screaming
- Sexualised behaviour
- Unusual or repetitive behaviour

There can be just one cause or there may be several. Often challenging behaviour can have a combination of underlying causes. Most often it's a complicated mix of reasons.

Possible reasons could be:

- Frustration
- Exerting control to affect/ react/ interact with a situation
- Depression
- Hormone related issues
- OCD
- Bereavement
- Abuse
- Communication problems
- ASD

- ADHD
- Sensory overload – over or under stimulation
- Confusion
- Anxiety
- Learning difficulty
- Change in routine
- Epilepsy

Parents/ teachers/ carers should help support the child towards more positive behaviours by:

- Always help the child to maintain his/her dignity
- Teach them how to create meaningful relationships
- Work towards replacing challenging behaviours with new skills and activities
- Lead by example
- Never use punishments