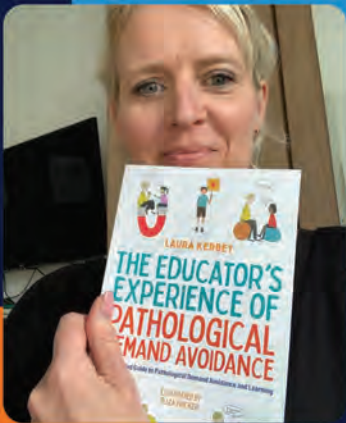


Laura Kerbey's

10 TOP TIPS FOR SUPPORTING STUDENTS WITH

Pathological Demand Avoidance

- 1 Build a relationship
- 2 Have an exit strategy or code word for when anxiety gets too much.
- 3 Let individuals plan their own routines for the day
- 4 Remove the demand of writing
- 5 Connect by chatting about areas of interests
- 6 Let them lead
- 7 Think of yourself as a learning facilitator – not a teacher or TA.
- 8 Always look outside the box and look for “natural” learning opportunities
- 9 Mold the curriculum around the learner (not the other way around)
- 10 Recognise the signs of anxiety and pull back when you see them rising



Best Selling Book

"The Educator's Experience of PDA"

[AVAILABLE HERE](#)

Listen to Podcast Episode 214:

The Educator's Guide to Pathological Demand Avoidance (PDA) with Laura Kerbey

[AVAILABLE HERE](#)

Online Course

Pathological Demand Avoidance (PDA) in the Classroom

Understanding and Teaching Strategies for Educators

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