



## Advice Sheet – Swiping

### What is swiping?

Swiping or clearing objects from a surface, as an act of frustration

### Why do it?

#### Why is this strategy important?

Address the child's emotional well-being.

To identify the cause of the frustration.

To divert/distract child quickly to avoid prolonged attention to negative behaviours.

To provide alternative response to the behaviour.

De-escalate the situation, promptly so that a positive outcome is achieved.

#### Why might children swipe?

Communicate how they feel through their actions.

Release frustrations and overwhelming emotions e.g., pent up stress

Be noticed, gain attention, asking for help and support.

Learnt behaviour/copy what they have observed.

Child is at crisis point, no longer in control, resulting in fight or flight behaviours.

Habit forming behaviour for the child to use in moments of distress or when feeling challenged e.g., feel they are unable to complete a task (building a tower) and succeed.

### How to do it at home

Adult to gain child's attentions by using their name, then using the word STOP alongside the Makaton hand sign for 'STOP'.

Ensure your tone and facial expression is appropriate to the request to stop.

If possible, remove any further opportunities to swipe to ensure safety of the child and others.

Provide the child a safer space to give them the opportunity to regulate their emotions.

Adult to remain calm, controlled and get down to the child's level to offer comfort if the child chose to accept i.e., comfort blanket, hugs,

Once the child shows a willingness to engage with the adult, offer unconditional play.

If the child does not show willingness, adult to model simple play, with minimal language and sounds, without the expectation that they must join in.

### How to move it on / What's next?

**Going forward focus on the positives do not revisit the behaviour.**

**Avoid revisiting or discussing the previous incident in front of the child, however it is important to reflect on the situation;**

**What happened before the incident?**

**What may have triggered the behaviour?**

**Has this happened before? is there a pattern to the behaviour?**

**Is there anything you could try different if this happened again?**