

Challenging behaviour occurring in other specific settings

Some individuals show challenging behaviour in highly specific situations and settings.

In our recent research study, we have seen some children for whom challenging behaviour only occurs under very specific circumstances. The situations that have been described to us include:

- Getting in the bath.
- Hearing a particular song being sung.
- When being put in a particular chair.
- When a meal is finished.
- When having hair brushed.

Each of these situations is highly specific and possibly unique to particular individuals, making it tough to provide any general advice for why these behaviours occur in these situations and how they should be managed.

Understanding the underlying reasons why these particular situations trigger challenging behaviour is the most important aspect of being able to manage them.

You may need to seek the help and advice from your local clinical psychology service or behaviour nurse therapist to implement these assessments and provide appropriate advice for managing these situations.

[NEXT: The mutual reinforcement process](#)