

Common Experiences Leading to Tension in Families

Avoidance

Preventing something from happening; hindering

vs.

Accommodation

To allow for adjustments, inclusion, participation, and engagement

Are we facilitating inclusion, participation, and engagement in what matters, providing opportunities for skill building, or hindering these?

Skill Building

Acquiring skills to the individual's capabilities

vs.

Masking, Overcorrection, and Shaming

Promoting neurotypical values and norms

Are we promoting skills that are aligned with the individual and family's values and goals, or promoting neurotypical values and norms?

Validation

Checking the accuracy of something

vs.

Enabling

Allowing something to occur

Are we accepting and being compassionate toward an individual's feelings or reinforcing behaviours that interfere with health, safety, and wellbeing?

Needs

Something necessary for health, safety, and functioning

vs.

Preferences

A liking for one thing over another

Is this an accommodation or request based on something necessary for health, safety, and functioning, or something preferred?

Consistency

Unchanging in nature, standard, or effect over time

vs.

Flexibility

Ability to readily change and adapt

How can we practice and promote flexibility while also providing necessary routines and structure?

My Needs

Necessary for the family member

vs.

Your Needs

Necessary for the child

How can we reconcile and compromise when family members have opposing needs?