



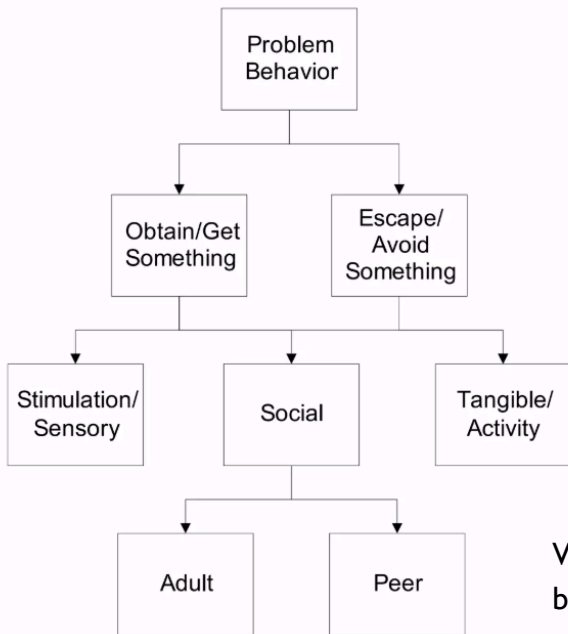
Behaviour Iceberg

WHAT IS THE BEHAVIOUR ICEBERG?

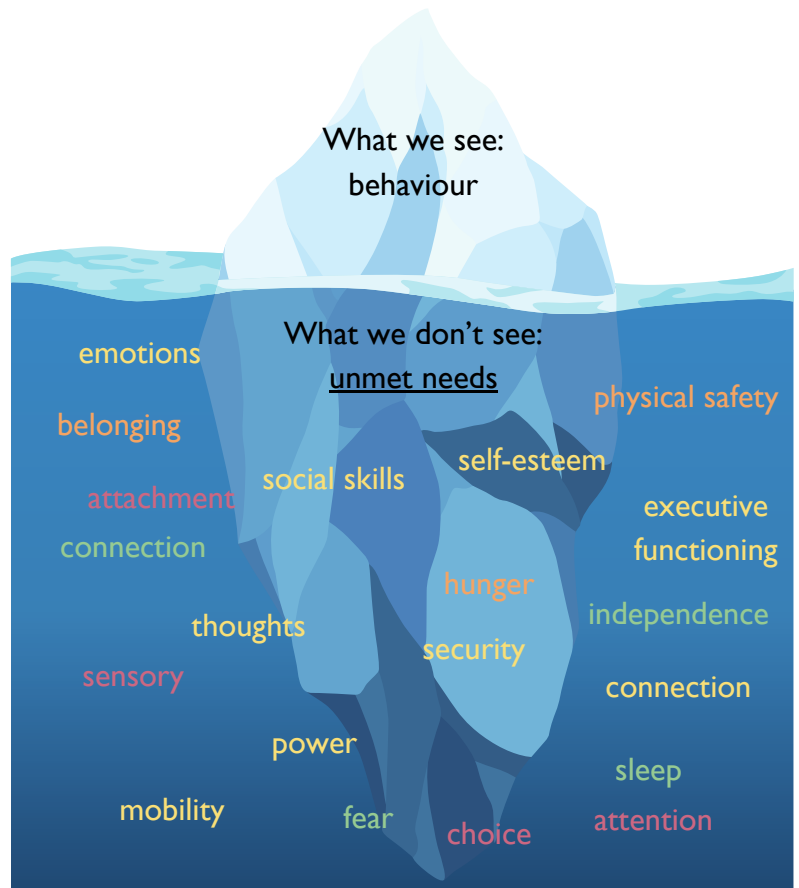
The iceberg is an ideal representation of the complexities of human behaviour. Keeping this visual on hand reminds us that in order to be effective supports to our children, we must meet the needs that lie under challenging behaviours.

Behaviour is communicating an unmet need.

WHAT ARE THE FUNCTIONS OF BEHAVIOUR?



Dr. Terrasi 2010



When we say the “function” of a behaviour we mean “why” the behaviour is occurring. While it might be difficult to understand why a person does something, there will always be an underlying function. It’s worth noting that a behaviour can serve more than one function.

The reason for a behaviour occurring can be described in terms of the function it serves or the reinforcement that is maintaining it. When a behaviour gets a person something this is called positive reinforcement and when a behaviour gets a person away from something or results in an item being taken away from them this is called negative reinforcement.

If we can begin to understand the why behind the behaviour, it will become easier for us to problem solve or understand when we see undesirable behaviour/s. We may then be able to see what they were trying to obtain or escape from, and show them more appropriate ways of meeting this need.