



## Understanding and Supporting PDA Presentations in Autistic Children

Pathological Demand Avoidance (PDA) presentations are characterised and underpinned by extreme anxiety linked to a perceived loss of control, which often leads to avoidance of everyday demands.

This behaviour can be misinterpreted as deliberate defiance, but in reality, it stems from high anxiety and an intense need for autonomy. Children and young people with a PDA profile may use strategies such as negotiation, distraction, or withdrawal rather than traditional compliance, to avoid the situations that are causing them anxiety.

Supporting children and young people with severe demand avoidance or a PDA profile requires a collaborative, and child-led approach, based around an understanding of anxiety, the impact of every day demands and how to manage these supportively.

This workshop will provide insight into the complex experience of autism and PDA presentations and provide you with practical strategies to support your child or young person with greater understanding.

The session will be led by an Educational Psychologist from Bexley.

[www.bexleyvoice.org.uk](http://www.bexleyvoice.org.uk)

### Parent Carer Workshop

**Tuesday 17<sup>th</sup> March 26**

**10am-12noon**

**Danson Youth Centre  
The Hall  
Brampton Road  
Bexleyheath  
DA7 4EZ**

Our free parent carer workshop series provides Bexley Voice members with the opportunity to get information relating to your child or young person's additional need and/or disability. We cover various topics according to parental demand.

Advanced booking required at:  
<https://bexleyvoice.org.uk/calendar/item/57901084>

or scan the QR code:

