

# THE ICEBERG OF BEHAVIORS

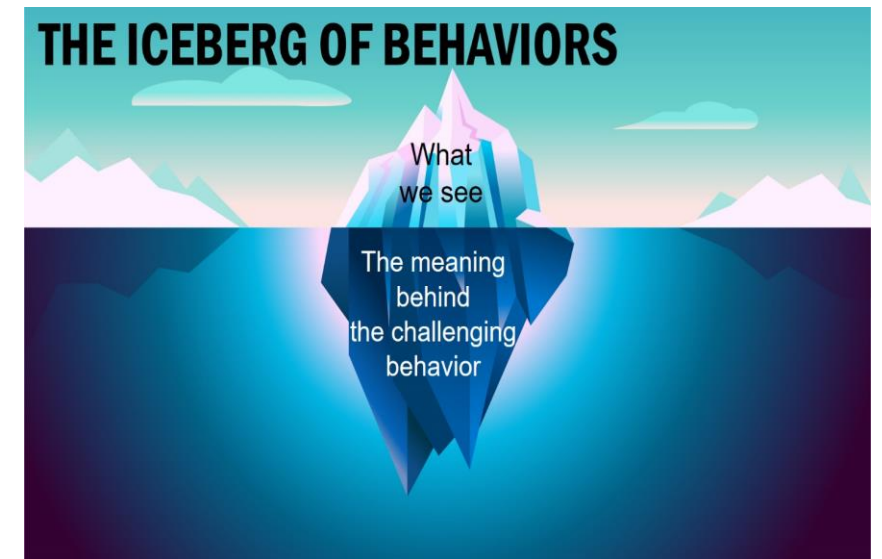


What  
we see

The meaning  
behind  
the challenging  
behavior

# Using the Iceberg- tool – step by step:

1. First identify any behavior of concern, and collect data of frequency (what time during the day/week/month, place, how often, together with how?)
2. Write down hypotheses about why you think this behavior is happening, when thinking about your knowledge about the individual and their intellectual and other developmental disabilities and special needs
3. Then choose which hypotheses you think is the most likely, and from that you make suggestions about what you could change, highlight, teach the individual etc.



# Difficulties sitting around the dining table eating with the family

- 1) No preparation: Don't know what's for dinner
- 2) Communication problems – don't know what to answer to the questions from the family members
- 3) Reduced fine motor skills: using a lot of energy eating with knife and fork
- 4) No clear structure: No clear knowledge about when the meal is over (when can I leave the table?)
- 5) Difficulties with changing seats every night – wanting sameness (lack of flexibility)
- 6) Sensory problems
  - Sound from others, from the food being chewed, from pots and pans etc.
  - Taste – not liking the taste, or the structure of the food
  - Smell – overwhelmed by the smell from the food, from sitting close together etc.

## What to do:

- 1) Make a mealplan written or with pictures for a 3-7 days
- 2) Eating rules, same questions, or no questions when eating.
- 5) Make a visual plan, or put pictures on the chairs

