

PDA Awareness Card

My child has Pathological Demand Avoidance, an Autism Spectrum Condition. He/she...

Experiences extreme levels of anxiety
Is driven to avoid demands/requests
May react unpredictably, need to control things and/or meltdown easily
May not always appear to respect adults
Has difficulties with social interaction & communication

Please understand and help if possible (see reverse)



Please help by:

- Understanding that my child's behaviours are a result of PDA, an Autism Spectrum Condition
- Offering me a kind word of support
- Giving us a quiet place to calm down
- Keeping an eye on my other children or belongings
- Not attempting to intervene with my child on my behalf
- Refraining from staring or passing judgement

Thank you - for further information, please visit:
www.pdasociety.org.uk



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