



**Repetitive behaviors occur in 35-75% of people with a diagnosed developmental disability.**

## Repetitive Behaviors: Asking Questions

Any parent or caregiver to a child diagnosed with an intellectual or developmental disability has likely experienced the frustration that occurs with repetitive questions. This type of perseveration, or repetitive behavior, can be one of the most challenging behaviors to overcome.

If you have had this experience, you may have noticed that the repetitive questions tend to focus on an unremarkable event of the past, present, or future. This may be your child’s way of seeking comfort in something familiar when experiencing stress or anxiety around something unfamiliar.

Your child may continue to ask the same question(s) even though they know the answer. Your child may even correct you when you give the incorrect answer.

## Try Talking Tickets or Tokens

This ticket gives permission to **name** to talk about **topic** with the recipient for up to **XX minutes**.

- Create a “ticket” or “token” that specifies who (the person asking repetitive questions), what (topic of discussion), and the duration of time.
- At the start of each day issue a set number of tickets.
- The person with the repetitive behavior can use the tickets as they choose to discuss the repetitive topic during the course of the day.
- Once all the tickets are used, the topic is not discussed again until the following day when more tickets are issued.
- Everyone in the home must consistently respond to the use of the tickets and the time limits to achieve the best results.
- Once this strategy becomes routine you can slowly reduce the amount of time specified on each ticket and the number of tickets available per day.
- Be patient! Be persistent! Change takes time.



## Upcoming Events

Date/Time	Topic	Link
Every Monday @ 10am	Ask Me Anything: Behavior Edition	<a href="https://global.gotomeeting.com/join/329637733">https://global.gotomeeting.com/join/329637733</a>
Thursday July 9 & 16 at 8:30a	Summertime Routine & Structure: Part I and II	<a href="https://zoom.us/meeting/register/tJlkd-rrT4jHdNpQXRxsJK0sxnj22Gg1rME">https://zoom.us/meeting/register/tJlkd-rrT4jHdNpQXRxsJK0sxnj22Gg1rME</a>
Monday, July 13 @ 7:00pm	Mindfulness & Managing Stress	<a href="https://zoom.us/meeting/register/tJcsdO-hpz4qHt3wRdkN8YzMAa0SfwfM6AKN">https://zoom.us/meeting/register/tJcsdO-hpz4qHt3wRdkN8YzMAa0SfwfM6AKN</a>
Thursday, July 23 @ 8:30a	Meltdown Management	<a href="https://tinyurl.com/yalkf3bg">https://tinyurl.com/yalkf3bg</a>



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