



01. A “demand” is any expectation that requires a child to stop, shift, or do something.

A demand isn’t just something a child doesn’t want to do. It can be any request to do something, including things they enjoy.

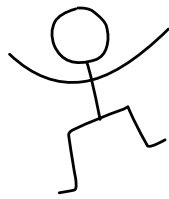
For example:

- getting dressed
- choosing breakfast
- stopping an activity
- leaving the house to do something fun



02.

Avoidance is powerful, urgent, and driven by the nervous system.



It is usually linked to capacity overload, high levels of anxiety, or difficulties with executive functioning.

It is rarely a choice, laziness, or “bad behaviour.”

03.

It can lead to an intense need for control.



When such high anxiety is triggered, avoiding things is how the brain reduces that stress.

More pressure or extra reminders don’t help.

Instead, flexibility, collaboration, and co-regulation are more effective.

04.

