



# **Developing Flexibility Skills in Children and Teens with Autism: The 5P Approach to Thinking, Learning and Behaviour**

*Linda Miller*

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Typified by a lack of adaptability, rigid behaviour, narrow interests, obsessions and poor problem solving skills, limited flexibility is often the cause of behavioural difficulties and presents a considerable barrier to learning, social development and independence for students with autism and related disorders.

Using the principles and philosophy of the author's unique 5P approach, this book provides a comprehensive framework through which to support children and young people with autism and related disorders in developing flexibility skills and increased independence. The book also offers a means of reducing behaviour issues which arise from poor flexibility. It provides a number of useful tools for flexibility assessment and intervention planning at individual and organisational levels. It explores the links between flexibility and participation, introducing further assessment tools and ideas. The book is accompanied by a CD-ROM of useful resources that will further support practice.

Packed with resources and practical strategies to improve flexible thinking, this book presents a comprehensive approach for teachers and other professionals who support children and young people with autism and related disorders.

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