



WHAT IS PDA IN CHILDREN?

PDA stands for **Pathological Demand Avoidance**.

It is a profile on the autism spectrum.

The behaviour we see is the **NOTICEABLE PART**.

What's happening underneath is much more than that.



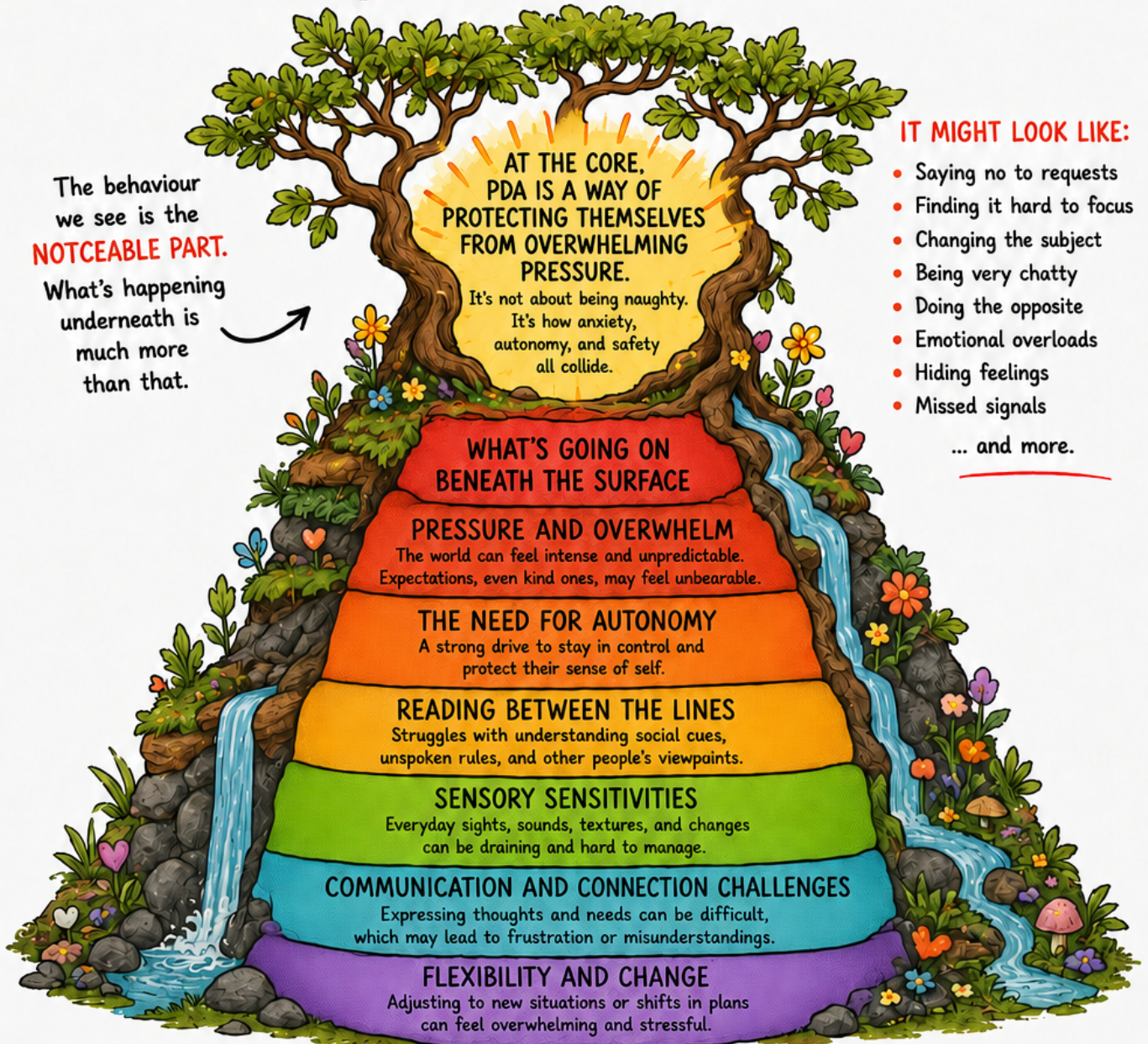
AT THE CORE, PDA IS A WAY OF PROTECTING THEMSELVES FROM OVERWHELMING PRESSURE.

It's not about being naughty. It's how anxiety, autonomy, and safety all collide.

IT MIGHT LOOK LIKE:

- Saying no to requests
- Finding it hard to focus
- Changing the subject
- Being very chatty
- Doing the opposite
- Emotional overloads
- Hiding feelings
- Missed signals

... and more.



WHAT HELPS?

- ♥ Lowering demands and reducing pressure
- ♥ Giving choice and control
- ♥ Being playful, flexible and collaborative
- ♥ Building connection and trust
- ♥ Understanding anxiety, not behaviour

RELATIONSHIP BEFORE COMPLIANCE.



REMEMBER...

PDA is not about defiance. It's a difference in how a child experiences the world. With empathy, understanding, and the right support, children can feel safe, regulated, and able to thrive.

SEE THE CHILD UNDERNEATH. ♥ SUPPORT THE CHILD UNDERNEATH. ♥ BELIEVE IN THE CHILD UNDERNEATH.