

MANAGING DIFFICULT BEHAVIORS OF A CHILD WITH DOWN SYNDROME

UNDERSTANDING, PREVENTING, AND SUPPORTING WITH KINDNESS

For parents, grandparents, family caregivers, and relatives of children with Down syndrome

Concrete tools that can be applied today to transform daily challenges into opportunities for connection

Duration : 2 to 3 hours	Modules : 6 modules
Lessons : 14 lessons	Audience : Parents and caregivers of children with Down syndrome
Format : 100% online, asynchronous	Provider : N° 11757351875
Certification : Qualiopi	Price : On request

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Course description

This training helps you understand why your child exhibits difficult behaviors: these are not tantrums, but attempts at communication related to language difficulties, fatigue caused by hypotonia, or a lack of reference points regarding rules and transitions. You will discover concrete strategies to prevent crises by structuring the environment, establishing clear routines with visual supports, and anticipating transitions. You will also learn how to intervene calmly and effectively when a difficult behavior occurs, and how to rebuild after the crisis to help your child progress. By the end of this training, you will have visual supports, de-escalation techniques, prevention strategies, and positive reinforcement methods ready to use.

Module summary

MODULE 1	Understanding the Origin of Challenging Behaviors	3 lessons
MODULE 2	Preventing Challenging Behaviors	3 lessons
MODULE 3	Intervening in Difficult Behavior	3 lessons
MODULE 4	After Behavior: Rebuild and Progress	3 lessons
MODULE 5	DYNSEO applications to support a child with Down syndrome	3 lessons
MODULE 6	Final quiz	Assessment

Learning objectives

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- Understand the link between limited communication and frustration in children with Down syndrome
- Identify the impact of hypotonia and fatigue on irritability and tolerance to frustrations
- Recognize early signs of fatigue and stress in your child
- Structure the environment with defined spaces, reduced distractions, and suitable furniture
- Establish clear routines with visual supports such as pictograms and illustrated schedules
- Anticipate transitions using gradual warnings, time supports, and transition rituals
- Adopt the right posture during a crisis with calm voice and short instructions
- Use de-escalation techniques including positive distraction, breathing, and sensory tools
- React appropriately to refusals, agitation, and screaming behaviors
- Verbalize, reassure, and re-establish a framework after a crisis
- Implement positive reinforcement through specific praise and reward systems
- Keep a behavior journal to identify patterns and adjust interventions
- Collaborate with professionals for consistency across environments

General information

Duration	2 to 3 hours of online training
Target Audience	Parents, grandparents, family caregivers, and relatives of children with Down syndrome facing oppositions, refusals, screams, agitation, and confusing behaviors in daily life
Prerequisites	None
Price	On quote - VAT not applicable (article 261-4-4° of the French General Tax Code)
Certification	Qualiopi - Certificate of completion
Training Organization	DYNSEO - Activity registration number: 11757351875

MODULE 1**Understanding the Origin of Challenging Behaviors**

3 lessons

Lesson 1 - Why Emotions are Sometimes Intense

- Language development often slower but intense emotions create a gap between feeling and expressing
- Inability to verbalize needs leads to screaming, crying, opposition as communication attempts
- Difficult behaviors are warning signals and attempts at communication, not tantrums
- Adult's role: become an emotional detective to observe, identify triggers and calming strategies

Lesson 2 - Hypotonia, fatigue → irritability

- Hypotonia causes decreased muscle tone making simple actions require considerable effort
- Physical and cognitive fatigue reduce tolerance to constraints and frustrations
- Warning signs include rubbing eyes, loss of attention, sudden refusal, agitation or withdrawal
- Recognizing these signs helps prevent crises and adapt activities appropriately

Lesson 3 - Lack of understanding of rules / difficult transitions

- Abstract rules like 'be good' are too vague; use explicit, simple, visualized rules
- Abrupt transitions without warning generate stress and opposition behaviors
- Progressive announcements and visual supports transform transitions into reassuring moments
- Clear, concrete rules prevent unintentional failure and resulting frustration

MODULE 2**Preventing Challenging Behaviors**

3 lessons

Lesson 1 - Structuring the Environment

- Define identified spaces for play, eating, and quiet activities so the child knows expectations
- Reduce distractions by tidying unnecessary items and limiting background noise
- Adapt furniture to the child's size with accessible tables and usable storage
- Organize materials with pictures on boxes for predictability and independent control

Lesson 2 - Clear Routines + Visual Supports

- Routines provide predictability, security, and sense of control reducing anxiety
- Use pictograms, illustrated schedules, and sequences to make routines visible and tangible
- Child can check off or flip images giving them a sense of mastery and active participation
- Visual supports reduce verbal load and serve as a GPS showing the child what to expect

Lesson 3 - Anticipate: transitions, choices, markers

- Provide progressive warnings and use visual temporal supports like timers or hourglasses
- Create transition rituals such as saying goodbye or putting away items
- Offer limited choices to give control without decision-making overload
- Use visual temporal markers showing what happens next to reduce opposition and agitation

MODULE 3**Intervening in Difficult Behavior**

3 lessons

Lesson 1 - Adult posture: calm + short instructions

- Your calm is contagious: breathe, lower your voice, slow down gestures
- Use short, simple, direct instructions like 'Stop', 'Sit', 'Breathe', 'Look at me'
- Accompany words with gestures or images to reinforce understanding
- Avoid negotiating, repeating multiple times, or raising your voice during crisis

Lesson 2 - De-escalation Techniques

- Redirect attention to colorful objects or sensory toys to break escalation
- Practice breathing exercises together for calming physiological response
- Create withdrawal space with cushions and sensory objects for decompression
- Use sensory tools like stress balls, fidgets, or weighted blankets to channel energy

Lesson 3 - What to do in case of refusal, agitation, shouting?

- For refusals: rephrase simply, offer limited choices, remain firm on goal but flexible on method
- For agitation: secure environment, give clear instruction with gesture, reduce stimuli
- For screaming: never scream back, validate emotion, redirect to alternative communication

- Use key phrases like 'I see that you are angry', 'Breathe with me', 'Show me what you want'

MODULE 4

After Behavior: Rebuild and Progress

3 lessons

Lesson 1 - Verbalize, reassure, and provide a framework

- Wait for calm state then simply verbalize what happened and that it's over
- Reassure about the relationship with 'I am here. I love you. Everything is fine.'
- Quickly restore framework by suggesting concrete and familiar activity
- Follow three steps: recognize and verbalize, reassure, restore stable framework

Lesson 2 - Positive reinforcement for appropriate behaviors

- What is reinforced is repeated, so systematically value appropriate behaviors
- Use specific praise describing the behavior rather than generic comments
- Implement reward systems like sticker charts or privilege jars
- Put 10 times more energy into valuing positive than sanctioning negative

Lesson 3 - Adapting Daily Life According to Observations

- Keep behavior journal noting moment, context, trigger, reaction, and intervention effectiveness
- Identify patterns to adjust schedule, transitions, or environment accordingly
- Collaborate with professionals for consistency between home and other environments
- Celebrate every improvement, even minor progress like fewer crises or reduced duration

MODULE 5

DYNSEO applications to support a child with Down syndrome

3 lessons

Lesson 1 - COCO THINKS and COCO MOVES

- Over 30 educational games for ages 5-10 covering memory, logic, language, math, and attention
- Adaptive difficulty levels allowing each child to progress at their own pace
- Mandatory sports break every 15 minutes to jump, dance, stretch and break sedentary habits
- Inclusive design adapted for DYS, ADHD, autism, Down syndrome with simple instructions and clear visuals

Lesson 2 - DYNSEO tools: concrete resources to understand, prevent, and manage behaviors

- Visual and interactive supports for daily life routines and communication
- Tools for emotional regulation and establishing predictable routines
- Concrete resources to prevent and manage difficult behaviors
- Easy integration at home and with professionals for consistent support

Lesson 3 - Training Conclusion: Reinforcing Knowledge and Moving Forward with Confidence

- Summary of key points including understanding, prevention, and intervention strategies
- Contextualization of tools and techniques discussed throughout the training
- Tips for gradually applying strategies in daily life adapted to each child
- Encouragements and suggestions for continuing calm and confident support

MODULE 6

Final quiz

Assessment

Teaching methods

- 100% online training accessible from computer or tablet
- Progress at your own pace without time constraints
- Downloadable visual supports and practical tools
- Access to COCO THINKS & COCO MOVES app bonus content
- Certificate of completion upon finishing the training