

The P.A.S.S. Model

PDA-Friendly Approach & Support Strategies for Parenting & Teaching PDAers



*** It is essential to be CALM & REGULATED BEFORE STARTING and to remain calm DURING this process ***
(if you're **not** feeling calm and regulated, either ask your partner/colleague to do it, or take some time out for yourself **before** you start, or leave it until you are regulated)

PRIORITIZE & LOWER DEMANDS FIRST-----> Plan / prepare -----> Self-Regulate -----> Gentle approach----> Build relationship-----> [Assess / adjust / modify]

