

Demand Avoidance in Kids

SNC Education Committee shared information Credit - The Child Mind Institute.

Avoiding things they're asked to do is pretty typical behavior for kids, whether they quietly ignore instructions, make elaborate excuses or have a tantrum. But there's a pattern of avoidance that's so extreme it's called [pathological demand avoidance, or PDA](#) react negatively to anything that feels like a demand or expectation — even if it's something routine that they are happy to do as long as it's their idea.

This week we explore PDA — why outside demands make these kids so uncomfortable they feel they can't comply, even if it makes it hard for them to function, at home and at school. Experts explain the best ways to work with kids to overcome demand avoidance. And we round up some other resources about [neurodiverse](#) kids, including how to make kids who have [sensory processing issues](#) comfortable in events like [children's parties](#), and [how service dogs can help](#).

– Caroline Miller, Editorial Director

Links from the above article:

https://childmind.org/article/pathological-demand-avoidance-in-kids/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-01-31&utm_content=pathological-demand-avoidance-in-kids

https://childmind.org/article/what-is-neurodiversity/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-01-31&utm_content=what-is-neurodiversity

https://childmind.org/article/do-sensory-processing-issues-get-better-over-time/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-01-31&utm_content=do-sensory-processing-issues-get-better-over-time

https://childmind.org/article/sensory-friendly-party-ideas/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-01-31&utm_content=sensory-friendly-party-ideas

https://childmind.org/article/service-dogs-love-protect-and-connect-autistic-kids/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-01-31&utm_content=service-dogs-love-protect-and-connect-autistic-kids

Pathological Demand Avoidance in Kids

When children resist anything that feels like a demand.

https://childmind.org/article/pathological-demand-avoidance-in-kids/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-01-31&utm_content=pathological-demand-avoidance-in-kids

What Is Neurodiversity?

And how can parents support kids who are neurodivergent?

https://childmind.org/article/what-is-neurodiversity/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-01-31&utm_content=what-is-neurodiversity

What Should an Evaluation for Autism Look Like?

A step-by-step guide to getting an accurate diagnosis.

https://childmind.org/article/what-should-evaluation-autism-look-like/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-01-31&utm_content=what-should-evaluation-autism-look-like

Sensory-Friendly Party Ideas

Tips for throwing inclusive (and fun!) kids' parties.

https://childmind.org/article/sensory-friendly-party-ideas/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-01-31&utm_content=sensory-friendly-party-ideas

Do Sensory Processing Issues Get Better Over Time?

They may not disappear, but they usually become milder as kids mature, and learn to manage them.

https://childmind.org/article/do-sensory-processing-issues-get-better-over-time/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-01-31&utm_content=do-sensory-processing-issues-get-better-over-time

Service Dogs Protect and Connect Autistic Kids

Families see big breakthroughs in behavior.

https://childmind.org/article/service-dogs-love-protect-and-connect-autistic-kids/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-01-31&utm_content=service-dogs-love-protect-and-connect-autistic-kids

