

“Leaky Braker” Bill of Rights

Help me to focus

Please teach me through my sense of ‘touch’. I need ‘hands-on’ and body movement.

I need to know what comes next

Please give me a structured environment where there is a dependable routine. Give me advanced warning if there will be changes.

Wait for me, I’m still thinking

Please allow me to go at my own pace. If I rush, I get confused and upset.

I’m stuck, I can’t do it

Please offer me options for the problem-solving. I need to know the ‘detours’ when the road is blocked.

Is it right? I need to know NOW!

Please give me rich and immediate feedback on how I’m doing.

I didn’t forget, I didn’t HEAR it in the first place

Please give me directions one step at a time and ask me to say back what I think you said.

I didn’t know I WASN’T in my seat!

Please remind me to stop, think, and act.

Am I almost done now?

Please give me short work periods with short-term goals.

What?

Please don’t say, “I already TOLD you that!” Tell me again in different words. Give me a signal. Draw me a symbol.

I know, it’s ALL wrong, isn’t it?

Please give me praise for partial success. Reward me for self-improvement, not just for perfection.

But, why do I always get yelled at?

Please catch me doing something RIGHT, and praise me for my specific positive behaviour. Remind me (and yourself) about my good points, when I’m having a bad day.