



Repetitive Behaviors in Autistic Toddlers

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DESCRIPTION

Repeated, pointless activities are a typical autism sign. The repetitive lining up of toys, the spinning of things, or the opening and closing of drawers or doors are examples of such activities. Repetitive actions are frequently a self-calming technique. They might become an issue when they interfere with daily activities or make it difficult to complete tasks at work or school. This article describes the alleged stereotyped behaviors connected to autism and provides examples of these characteristics. It also examines potential treatments and considers whether repetitive behaviors are an issue. Autism isn't the only condition that causes these kinds of actions. Most people participate in some of these actions. Common examples of perseverance are strong urge to consistently watch the same television shows or sporting events, Compulsion to clean, Biting nails, Pencil or toe-tapping pacing.

Causes and treatments

There are many hypotheses as to why people with autism persevere, but no one is truly sure. Its necessary to might choose a specific course of treatment because of the theory support (or no treatment at all). Naturally, if a behavior is unsafe or dangerous, it needs to be modified. While all treatments have had some success with some patients and less success with others, some have been the subject of more thorough research than others. If perseverance is a behavior problem, can "extinguish" the behavior using behavioral tactics (rewards and, in some situations, punishments).

Using therapeutic methods like Floortime or SonRise to interact with the person with autism and transform persistent behaviors into worthwhile activities if perseverance is a sign of genuine interests on their behalf.

It might want to manage the perseverative behavior with medicine if it is brought on by anxiety, a chemical imbalance, or a neurological problem.

Treatment for problematic repetitive behaviors

Autism is not always present in a toddler's repetitive behavior it depends on the circumstances. While doing an evaluation that leads to a treatment plan that is specifically tailored to address the repetitive behavior of concern is crucial, the general strategy outlined is advised.

Schedule a consultation with a Board-Certified Behavior Analyst (BCBA) who has experience with the repeated behavior your child is displaying. The BCBA will keep an eye on the behavior, assess it, ascertain when the child is most likely to engage in it, ascertain how it impacts the child's life, and talk to carers about its significance and effects.

Proactive remedies may be provided if the BCBA decides that the behavior has to be modified. These are tactics and strategies that can be employed to reduce or end the behavior's frequency. The BCBA may recommend defensive strategies that family members or other carers can utilize when the behavior happens. Additionally, the BCBA could advise teaching "replacement" behaviors, which are different, non-repetitive behaviors that achieve the same objectives as the repetitive behavior. People with autism and other developmental impairments have found that behavioral treatment based on applied behavior analysis concepts is particularly effective in reducing their repetitive behaviors when given the right intervention and support.

CONCLUSION

Autism is frequently characterized by repetitive, useless behaviors. When they obstruct daily duties or make it difficult to do assignments at work or school, they could become a problem. This article discusses and gives examples of the allegedly stereotyped behaviors associated with autism. An autistic toddler's repetitive behavior can be controlled with the aid of a Board-Certified Behavior Analyst (BCBA). If the child has actual interests, therapeutic techniques like Floortime or SonRise can help turn persistent behaviors into valuable pursuits.

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Received: 30-Nov-2022, Manuscript No. AUO-23-21262; **Editor assigned:** 02-Dec-2022, Pre QC No. AUO-23-21262 (PQ); **Reviewed:** 16-Dec-2022, QC No. AUO-23-21262; **Revised:** 23-Dec-2022, Manuscript No. AUO-23-21262 (R); **Published:** 30-Dec-2022, DOI: 10.35248/2165-7890.22.12.358

Citation: Stephen S (2022) Repetitive Behaviors in Autistic Toddlers. *Autism: Open Access*. 12:358

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