



**Saturday, August 1, 2015  
Breakout Session #39: 2:15 - 3:15pm  
Schaumburg East**

## **Anticipation and Behavior**

**Timothy S. Hartshorne, Ph.D.  
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Psychology**

### **Presenter Information:**

Tim Hartshorne is a professor of psychology, specialized in school psychology, at Central Michigan University. He is the grant holder for DeafBlind Central: Michigan's Training and Resource Project, which provides support to children who are deafblind in Michigan. He has been researching and presenting about CHARGE syndrome since 1993, motivated by the birth of his son with CHARGE in 1989. He has been awarded the Star in CHARGE by the CHARGE Syndrome Foundation. He is first editor of the book *CHARGE Syndrome*.

### **Presentation Abstract:**

Anxiety about what is occurring or going to happen is one source of challenging behavior for children with CHARGE. This presentation reviews calendar systems and activity routines as ways to increase the predictability of life for those who have CHARGE, and to reduce the experience of anxiety and the incidence of challenging behavior.

# Anticipation and Behavior

Tim Hartshorne, Central Michigan  
University

# Anxiety

- “A feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome.”
- What does anxiety look like in children?

- \*Pessimism and negative thinking patterns**
- \*Anger, aggression, restlessness, irritability, tantrums, defiance**
- \*Constant worry about things that might happen or have happened**
- \*Crying**
- \*Physical complaints such as stomachaches, headaches, fatigue**
- \*Avoidance behaviors**
- \*Sleeping difficulties**
- \*Perfectionism**
- \*Excessive clinginess and separation anxiety**
- \*Procrastination**
- \*Poor memory and concentration**
- \*Withdrawal from activities and family interactions**
- \*Eating disturbances**

# One difficulty is that the same behavior can reflect different experiences

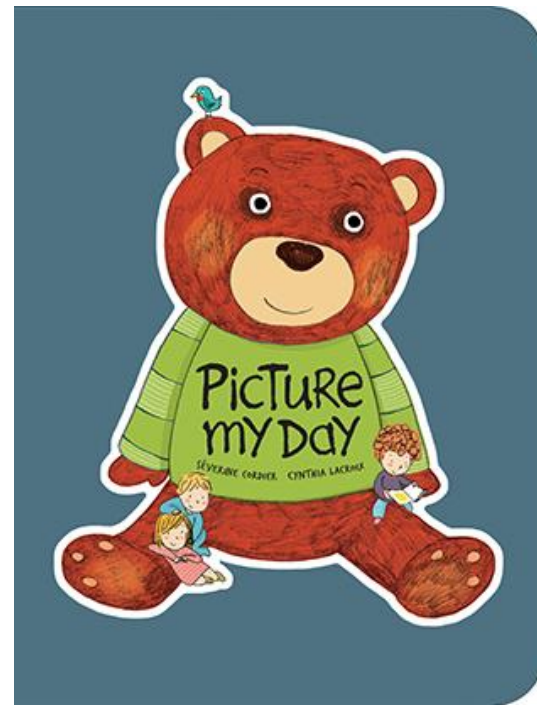
- Sleep problems
  - Pain
  - Circadian rhythm and melatonin problems
  - Self-regulation issues
  - Anxiety
- Tantrums
  - General complaints
  - Frustration and Anger
  - Pain
  - Anxiety

# Things to be anxious about

- **Novelty**
- **Predictability**
- **Event uncertainty**
- **Imminence**
- **Duration**
- **Temporal uncertainty**
- **Ambiguity**

# We like to know what is going on.

- What are we doing right now?
- What are we going to do next?
- What did we just do?



# When we are not sure...

- We become anxious
- We engage in behavior which expresses our feelings
- We engage in behavior or activities that help us feel more secure



# Anxiety is related to uncertainty about what is going to happen next

- What will happen today?
- What do they want me to do?
- Where are we going?
- What will happen when we get there?
- Will I feel safe?
- The world does not always make sense
- It can be unpredictable

# One way to increase predictability

July 2015 Calendarpedia  
Your source for calendars

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1

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August 2015 Calendarpedia  
Your source for calendars

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

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# Why use a calendar system?

- Security of knowing what comes next
- Being able to anticipate things – looking forward
- Alert to unexpected changes in routine
- Allows for participation in decisions about events
- Allows for conversation about what has happened
- Provides a mutually understood topic for dialogues
- Clearly represents the passage of time
- Reduces anxiety about what has, is, and will happen

# Passage of time

- From when you got up this morning
  - Your plan for the day
- To when you get home this evening
  - Future plans
- Reflecting back on the day
  - “Wow, the presentations were great!”

This is so much of what we talk about.

# Imagine waking up and...

- No idea what time it is
- No idea of what will happen today
- No idea how soon something might happen
- No idea of the expectations for what will happen
- Problems detecting the true passage of time
  - “Today the minutes seem like hours, the hours go so slowly, and still the sky is light.”
- Will I like it?

# To start

- The child needs to have a communication system of some kind and a plan for its development
  - Objects
  - Pictures
  - Signs
  - Words
- Activity routines must be in place
  - A calendar makes things more predictable
  - So you have to have a predictable schedule



# This is an anticipation calendar

- Two distinctive baskets
- One has an object that represents an activity
- The other is the finish basket where the object will be placed once the activity is done.
- The object may represent “free play time.”
- When the child feels the object, the child knows it is time to go into the play room and do whatever he or she wishes.
- When play time is over, the object will be put in the finish basket.

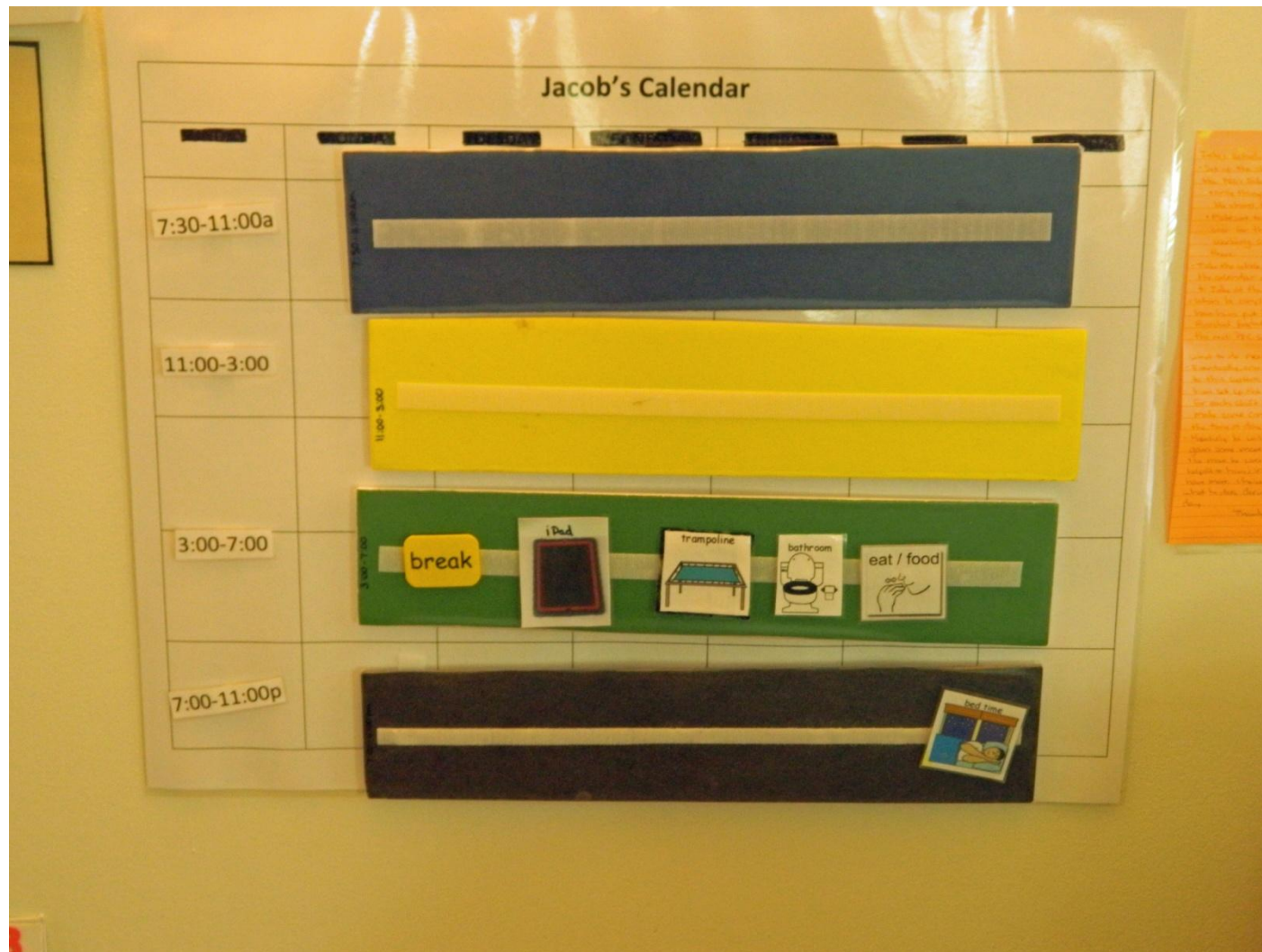


# A bit more sophisticated



This is a simple daily calendar. It shows a sequence of events.

# Shift planning



# Finished

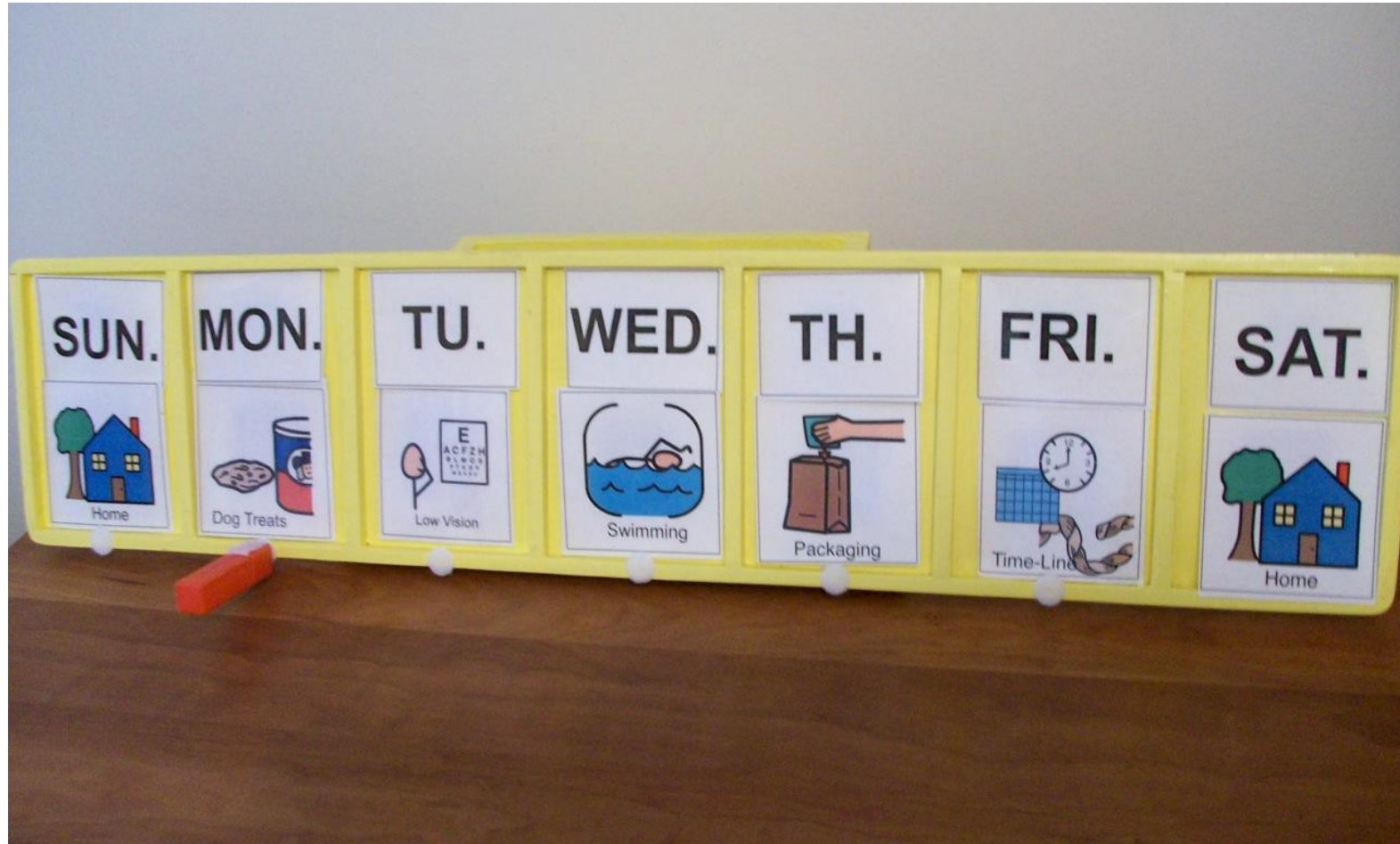




# Predicting the week



If each day is distinct or highlighted





# Activity routines



# More



# Communication

- Calendars provide an opportunity for conversation around the schedule.
  - What we are doing now
  - What we are doing later
  - What we just did
- At the end of each shift ideally go through the finish box and talk about what happened
- Life is good with a bit of predictability and review



“A feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome.”

- You still should consider pain, self-regulation, and changes in routine.
- But all of these can also lead to anxiety.
- Calendar systems and activity routines can reduce anxiety by making life more predictable.