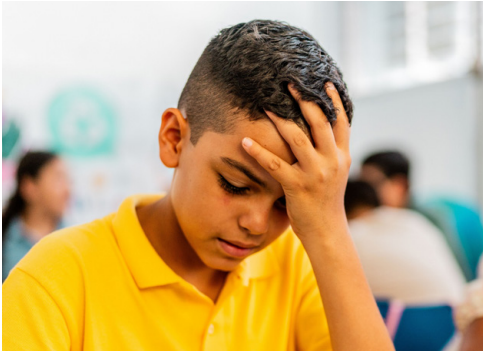




Jac has always liked things to be 'just so' and organises his belongings in a particular way, hates making mistakes and starts a page again if he does. His parents had a conversation with his Year 6 teacher about the length of time his homework is taking. His teacher mentioned concern with handwashing and excessive checking. Jac's parents made an appointment with their GP, were referred to a psychologist and regularly updates the school with progress.

Small Steps for Jac

1. His teacher and parents support Jac to practice strategies for calming his thoughts that work for him e.g. a stretch, a walk, moving around, breathing strategy, puzzle, book, fidget toy, etc.
2. The whole class learn a breathing technique – this benefits everyone as they learn about how breathing techniques reduce stress hormones.
3. Jac and the Learning and Support teacher work out a plan for when he needs to use a timeout for an agreed activity break – breathing technique, mindfulness (e.g. puzzle, book); fresh air, etc.
4. Jac's teacher and parents encourage him to stick to his plan e.g. setting an achievable goals for the number of times a compulsion is carried out.
5. Jac's network of support have regular catch ups – teacher, support staff, parents to ensure psychologist's plan can be reinforced at school and home.

Obsessive compulsive disorder

Obsessive compulsive disorder can be described as anxiety which includes intrusive thoughts (obsessions) which can only be relieved by carrying out actions (compulsions).

Some common obsessions include, fear of germs, dirt, poison, fear that illness, accidents or death will happen to their loved ones or themselves.

Compulsions include excessive handwashing, checking of locks, appliance, applying rigid rules to placement of objects, touching, tapping a certain number or rhythm and reciting a number of prayers a certain way.