



Understanding Behaviors

This worksheet is a tool to help you notice patterns in your child's behavior. By tracking what happens before, during, and after an episode of problem behaviors, you can start to see what might be contributing to these behaviors and what your child is trying to communicate.



Antecedent

what happened *before* the behavior?

Why this matters: behaviors in kids usually communicate something, and they usually don't come out of nowhere (even when it seems like they do). Something in the environment often sets the stage for these behaviors, and tracking antecedents can help you find these patterns.



Behavior

what behaviors did you notice?

Why this matters: recognizing behavioral signs helps you and your child's care team support them and intervene in appropriate ways. You may also notice that your child behaves in different ways in response to different antecedents - this helps you anticipate problems before they happen and act quickly when you see behaviors starting.



Consequence

what happened *after* the behavior?

Why this matters: sometimes behaviors continue happening because kids get something out of it - this could be attention, a break, or another reward. Knowing the positive and negative consequences of your child's behaviors help you and your child understand the impact of the ways they behave, and find other ways to get what they need.



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Fill out the worksheet in as much detail as you can, and include any parts you remember. Even including just a few notes can help you find patterns over time!

A

Antecedent

what happened *before* the behavior?

Location (where were they?) _____

Activity (what were they doing?) _____

Environment (what was happening around them?) _____

Physiology (how did their body feel?) _____

Transitions (were they switching between activities or places?) _____

B

Behavior

what behaviors did you notice?

What did they say? _____

What did they do? _____

How long did it last? _____

Circle all that apply:

yelled

hurt self

repeated words

trouble breathing

cried

threw things

repeated movement

not listening

hurt others

ran away

asked for help

risky behavior

C

Consequence

what happened *after* the behavior?

What did you say? _____

What did you do? _____

How did they respond? _____

Did you give or take away anything? _____