ABCs at Home

How to use this form: You know your child better than anyone - and that's exactly why this matters! Each time the behavior happens, jot it down in one numbered box (#1-5). Don't worry about getting it perfect; just write down what you remember as soon as you can. Note the day, time, and what was going on (like "dinner time" or "getting ready for bed"). Then fill in the three sections.

After a few days of notes, patterns usually start to show up - like certain times of day, specific activities, or situations that seem to cause the behavior. Use those patterns to fill in your Best Guess at the bottom. There are no wrong answers here; it's just your observations.

Bring this sheet to your next meeting with your child's teacher or specialist - your notes are a huge help to the team!

Child's Name:	Educator's Name:	Behavior:

#	When & Where *day / time / activity*	A = THE BEFORE *What happened right before?*	B = THE BEHAVIOR *What did your child do exactly?*	C = THE AFTER *What did your child get or get away from?*
1				
2				
3				
4				
5				

My Best-Guess Statement (Hypothesis)

Sentence starter: *"When [what came before], my child [what they did] in order to [get something / get away from something]."*

Examples:

GETTING something they want

- "When I was talking to another adult, my child pulled my sleeve and started to cry in order to get my attention."
- "When I said snack time was over, my child pointed at the crackers and whimpered in order to get more crackers."
- "When I read a book to my child, my child rocked back and forth in order to get a feeling in their body."

GETTING AWAY FROM something they do not want

- "When I asked my child to zip their own coat, my child cried and fell to the floor in order to get away from doing something hard."
- "When I turned on the vacuum cleaner, my child ran out of the room crying in order to get away from the noise."

My best guess:

Inoticed this happens most often when:

Things that seemed to make it worse (tired, sick, different routine, etc.):

Questions I want to ask the teacher or specialist:

Adapted from Meadan, Ayvazo, & Ostrosky (2016); Park & Lynch (2014); Wood & Ferro (2014).