



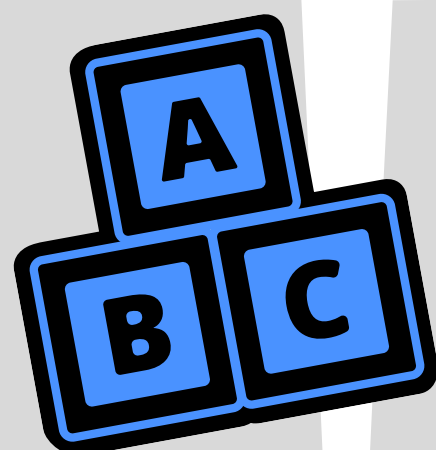
ABC's of Behavior:



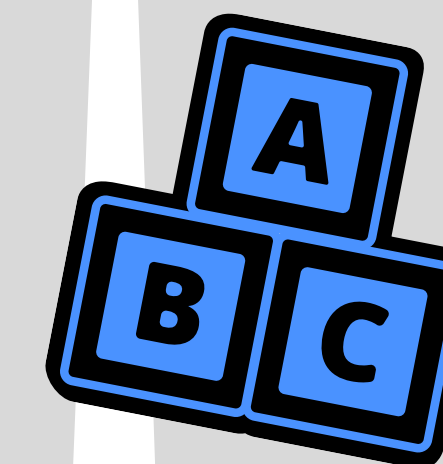
Antecedents

Behavior

Consequences



The ABC's of behavior help you to understand what turns your child's challenging behavior **on** and **off**. By collecting this information, you may be able to identify why your child engages in challenging behavior, strategies you can use to prevent or decrease this behavior, and new behaviors to teach your child to use instead of the challenging behavior.



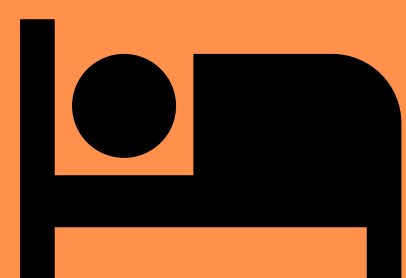
Antecedents

Behavior

Consequences

Antecedents are the contexts or events that occur immediately **BEFORE** the challenging behavior. They include specific times of day, settings, people, and activities.

For example, if your child tantrums each night when it's time to transition to bed, the verbal prompt "it's time for bed" might be an antecedent or **turn on** your child's challenging behavior.



Antecedents are what turn the behavior **ON**.

Challenging behavior is any behavior that interferes with learning or engagement with peers and adults.

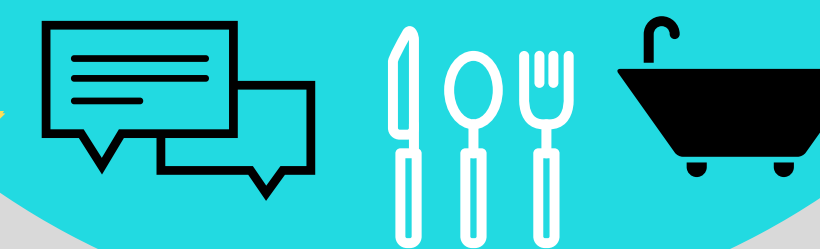
Young children often engage in challenging behavior to communicate their wants and needs because they are just learning how to be social and communicate.



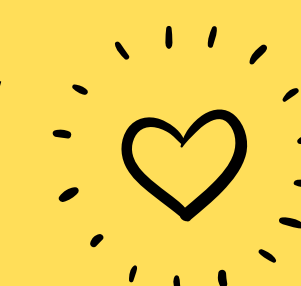
Consequences are what turn the behavior **OFF**.

Consequences are the events or contexts that occur immediately **AFTER** the challenging behavior.

For example, attention from an adult in response to a child's behavior, the removal of activities or demands, or access to objects or activities provided as a result of the behavior might be consequences or **turn off** challenging behavior.



Click [here](#) for strategies you can use to prevent or decrease challenging behavior, teach new behaviors, and new ways to respond when challenging behavior occurs.





ABC Data Collection Observation Cards



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How to use the observation cards:

1

Record the date and time of the observation.

See the next
page for
examples.

2

Record where your child was when the behavior started and what activity was happening.

3

Record the **antecedent**: what happened just before the behavior that **turned it on**. Was something was added (a direction, sibling playing) or taken away (take a toy, you leave the room)?

4

Record what the **behavior** looked like. Was it hitting, pushing, yelling, flailing? About how long did the behavior last?

5

Record the **consequence**: what happened that **turned the behavior off**. Was something taken away (didn't make them complete the task, sibling left) or was something added (gave them a hug, gave them a snack)?

Share your data with a behavior consultant, BCBA, or email bartonlabvu@gmail.com for support to identify the function of your child's challenging behavior.



Date: April 3rd

Time: 6:00 PM

Where was your child? In the bathroom

What activity was going on? Bath time

What happened just before the behavior to turn it on? I said "time to take a bath"

What did the behavior look like? Kicking, screaming, crying, pushing

How long did the behavior happen? 3 minutes

What happened to turn the behavior off? He left the bathroom and started watching TV

Date: March 15th

Time: 12:45 PM

Where was your child? In the living room

What activity was going on? Playing with blocks

What happened just before the behavior to turn it on? I left the room to go to the kitchen

What did the behavior look like? Screaming and yelling

How long did the behavior happen? 1 minutes

What happened to turn the behavior off? I came back into the living room and played with her

Date:

Time:

**Where was
your child?**

**What activity
was going on?**

**What happened just before the
behavior to turn it on?**

**What did the
behavior look like?**

**How long did
the behavior
happen? ___ minutes**

**What happened to turn
the behavior off?**

Date:

Time:

**Where was
your child?**

**What activity
was going on?**

**What happened just before the
behavior to turn it on?**

**What did the
behavior look like?**

**How long did
the behavior
happen? ___ minutes**

**What happened to turn
the behavior off?**



Use one card for each instance of challenging behavior you observe.

