

ABC's of Behaviour

One way to figure out why your child is engaging in a certain behaviour is to look at the antecedents (things that happen right before) and consequences (things that happen right after) of behaviour. Below is a table that will help you complete the ABCs of your child's behaviour and help you figure out why your child is engaging in certain behaviours.

Example:

Date	Antecedent	Behaviour	Consequence
28.01.2022	Dad washing the dishes	Standing on table	Dad yells "get off the table" and goes and plays with the child
29.01.2022	Dad playing with his phone	Standing on table	Dad yells "get off the table", stops playing with his phone and plays with the child
04.02.2022	Dad talking to mum	Standing on table	Dad yells "get off the table" and stops talking to mum

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