

ABC Behaviour Charts

Strategies / Interventions.

An ABC chart can be used to record behavioural concerns.

'A' stands for **antecedents**, that is, what happens immediately before the behavioural outburst and can include any triggers, signs of distress or environmental information.

'B' refers to the **behaviour** itself and is a description of what actually happened during the outburst or what the behaviour 'looked' like.

'C' refers to the **consequences** of the behaviour, or what happened immediately after the behaviour and can include information about other people's responses to the behaviour and the eventual outcome for the person.

Day, date and time	Antecedent	Behaviour	Consequence	Notes

Try this at home: Continue to use the ABC charts to make notes of incidents that might happen at home. These can be shared with your child's key person.

ABC Behaviour Chart

<u>Day, Date, Time.</u>	<u>Antecedent: What were they doing?</u>	<u>Behaviour</u>	<u>Consequence</u>	<u>Notes</u>
Mon, 5 th May 10am	Child initiated time playing with trains. 5 minute warning given for snack.	Refused to come to table for snack, got very upset and threw trains across the room.	Calmed by an adult and once snack was over was happy to sit with the adult and eat apple.	First day at nursery not seen this behaviour before.