

## Behaviour Analysis: A-B-C

When you get back home keep in mind these three things, the ABCs described below. In our session I will be asking you about these three elements pertaining to you the parent and the child.

Parent and child influence each other, but the context also has an impact ( e.g. time of day, at home or in public) in addition to our respective emotional and physical states.

This table will help you pay attention to what happens during an incident and it will help us find solutions easier when we have the whole picture. This guide will help you become a better observer and thus empower you in finding solutions to the problems you are faced with.

A= Antecedents	B= Behaviours	C= Consequence
What is the trigger ?	What is the child's behaviour and the parents'?	What is the result of parental intervention?
Context: Child - emotional state (frustrated, fear, anxiety, sad... ) prior to incident - physical state (tired, hungry, sick...) prior to incident - time of day - difficult day overall - poor sleep - incident occurred previously to affect child, etc	Child's behaviour that is problematic or the issue (ie coping strategy)  Child's emotion after the trigger (eg, sad, angry, scared, anxious, fearful, frustrated, etc)  Child's behaviour after the trigger (eg, scream, aggression, cries, yell, throws things, tantrum etc)  Child's verbalizations (what does child say)	Child's behaviours and feelings after parental intervention - emotion - behaviour - verbalization - improvement or worsened
Context Parent: - emotional state prior to incident - physical state prior to incident - type of day - poor sleep - stress - arguments with other child or adult - illness	Parent's reaction to behaviour (your coping strategy) - your words - your feelings - your thoughts - your behaviours (eg, scream, punish, remove privilege, time out of child, time out of parent, ignore, discuss, lecture, cry, validate, reassure, explain etc...)	Parent's behaviours and feelings after intervention - emotion (eg guilt, anger, frustrated, feel powerless, relief, anxiety, sad, confused, overwhelmed, happy, etc) - behaviour - verbalizations to child - private thoughts