

Filling in an ABC Observation Record Sheet

- Record what happened (Behaviour)
- Record what happened before (Antecedent)
- Record what happened afterwards (Consequence)
- Record the date and time the behaviour took place
- Record where the behaviour took place
- Record which other children and/or adults were involved
- Write down observations immediately or as soon as possible after the event
- Be as objective and factual as possible
- Show only what happened, not your opinion.

Using ABC Observation Record Sheets

Using the observations you have made:

- Think about what may be causing the behaviour
- Is there a pattern to the activities in which the child is involved?
- Is the child involved in something he/she finds difficult?
- Is there a pattern to the other children or adults present?
- Is there a pattern to the antecedent? Do certain things trigger the behaviour?
- Is there a pattern to the time of day when a particular behaviour happens?
Eg. Is it at the end of the day when the child is tired/just before lunch when he/she is hungry/at the beginning of the day when he/she is upset at leaving his parent or carer?
- Is there a pattern to the place where the behaviour occurs Eg. The outdoor play area/quiet area/role play area?
- Is there a pattern to the consequences?

Setting Targets

- Use the ABC sheets and other observations. What are triggers for the behaviour? N.B. these are not always obvious/visible.
- Decide (as a whole staff) on the behaviour that is causing the most distress/having the greatest impact and is a priority to change. Try to involve parents at this stage.
- When does this behaviour occur? Are there any changes that can be made to:
 1. Routines;
 2. Environment;
 3. Practitioner response that could reduce the triggers and improve the behaviour?
- If not, think about the child's likes and dislikes. How could these be used to motivate the child?
- Decide on a response to the behaviour that ALL staff will use.
- Ensure the child knows it's the behaviour you don't approve of – not the child.
- When you respond to the behaviour, be specific; 'I don't like it when you ...'
- Agree a time limit to try the new, consistent response to the behaviour – at least two weeks (longer if the child doesn't attend very often)
- Explain to parents what you are going to do, and why. Strongly encourage using the same strategy at home.
- During the allotted time keep records of frequency of the unwanted behaviour and child's response to the strategy.
- After the allotted time period, review how things are going using your records, other observations and possibly ABC sheets.
- If the behaviour has improved, continue with the strategy (and possibly start to think about targeting another aspect of behaviour, if relevant)
- If the behaviour hasn't improved or has worsened, spend some time reflecting on what has been happening. Does it just need more time?
- If not, re-start the process and try a different strategy.

ABC Observation Record Sheet

Child's name:

Date of Birth:

Age:

Date of observation:

Reason for observation:

Observation made by:

Antecedent (What happened beforehand)	Behaviour (Exact description of what the child did)	Consequence (What happened afterwards?)	Time and Place