

ABC Behaviour Record

Name: _____ Date: _____

One row per incident, written as soon after as you can. Read it across after a week or two — the pattern is usually in the first column.

Day / time and how they slept	A — Antecedent what happened just before	B — Behaviour what your child actually did	C — Consequence what happened next, and what you did

Patterns I am starting to notice:

How to use this

Print two or three copies. You will fill in more rows than you expect once you start looking.

Write one line as soon as possible after an incident, while the detail is still sharp — memory rewrites events fast.

Antecedent is what happened immediately before: who was there, what was asked, what had just ended.

Behaviour is what your child actually did, described plainly. “Threw the plate and ran to his room” — not “was naughty”.

Consequence is what happened next, including what the adults did and whether the demand was dropped.

After a week or two, read the sheet across rather than down. The pattern lives in the antecedent column.

Pairs with our free **behaviour home program** at inclusivetherapycentre.com/home-programs

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