

Behavior Tracking Sheet

Instructions

Unacceptable behavior is one of the most difficult things for foster parents to deal with. However, it is important to remember that children often use behavior to communicate. Children don't always have the vocabulary or social understanding to convey what they want and need. Behavior is the most basic form of communication and it is what children default to when they don't know of another way to communicate their wants and needs.

Tracking a child's behavior can help parents uncover patterns and help them understand what their child is trying to communicate. This handout provides four different sheets to track behavior. Select the sheet that you feel most comfortable with, or create a sheet based on these ones that best meets your needs and preferences.

Remember, you are creating a snapshot of your child's behavior.

Tips to Fill Out a Behavior Tracking Sheet:

1. It can be helpful to start by filling in the "Behavior" section of your tracking sheet. This way, you can clearly identify which behavior you are tracking, and then you can build the rest of your sheet from there.
2. Write as many details as you can about the situation. If you can't remember exactly what happened, ask others who might have been present.
3. Record the date the behavior occurred. This can help you track when specific behaviors happen, such as around a certain time of year or day of the week.
4. After you have tracked the behavior several times, read over your completed tracking sheets carefully. Look for patterns in setting events, environments, warning signs, types of behaviors, and your own reactions. Form some guesses about what the child might be communicating with his/her behavior.
5. Share your findings with the child's welfare team. Caseworkers and psychologists in particular can help you see patterns in behavior and decipher what those patterns might mean.

Date: _____

Setting the Stage

What events might have increased the chance the behavior would happen?

Sample setting events: hungry, tired, sick, forgot medication, got into a fight, visited birth family, etc.

Antecedent (Before the behavior)

What happened immediately before the behavior incident?

Were there any warning signs before the behavior happened?

Behavior (During the behavior)

What did the child actually do? What did the behavior look and sound like?

Keep in mind: an emotion is not a behavior. "She was angry" is an emotion. "She hit me" is a behavior.

Describe the environment at the time of the behavior.

Who was around? Where did it happen? When did it happen – what time of day or during which activities?

Why was the behavior unacceptable?

Consequence (After the behavior)

What happened after the behavior?

How did I react to the behavior?



Setting the Stage	
<p>What <u>preexisting factors</u> (setting events) might have increased the chance that the behavior would happen?</p> <p><i>Sample setting events: hungry, tired, sick, forgot medication, got into a fight, visited birth family, etc.</i></p>	

Antecedent	
<p>What happened immediately <u>before</u> the behavior incident?</p>	
<p>Were there any <u>warning signs</u> before the behavior happened?</p>	

Behavior	
<p>What did the child actually do? Specifically, what did the behavior look and sound like?</p> <p><i>Keep in mind: an emotion is not a behavior. "She was angry" is an emotion. "She hit me" is a behavior.</i></p>	
<p>Why was the behavior <u>unacceptable</u>?</p>	
<p>Describe the <u>environment</u> at the time.</p> <p><i>Who was around?</i></p> <p><i>Where did the behavior happen?</i></p> <p><i>When did it happen – what time of day or during which activities?</i></p>	

Consequence	
<p>What happened immediately <u>after</u> the behavior?</p>	
<p>How did I <u>react</u> to the behavior?</p>	



Context or Circumstances <i>Examples: hungry, tired, sick, forgot medication, got into a fight, visited birth family</i>	Date: _____ Time: _____	Date: _____ Time: _____	Date: _____ Time: _____	Date: _____ Time: _____	Date: _____ Time: _____
Antecedent What happened immediately before the behavior?					
Behavior What was the unwanted or problem behavior?					
Consequence What happened immediately after the behavior?					
Comments or other observations					



Date & Time	Antecedent <i>What happened immediately before or as the behavior occurred?</i>	Behavior <i>What was the unwanted or problem behavior?</i>	Consequence <i>What happened immediately after the behavior?</i>

