

TIME/DAY	SETTING	BEFORE	DURING	AFTER	PURPOSE

Log a few of your child's behaviors at home. Record where the child was (SETTING), what happened BEFORE (what you saw your child physically do), what happened DURING (what did you see during the time the child was reacting), what happened AFTER (what you saw your child physically do), and what PURPOSE the behavior may have had (how did the behavior help the child, or why did the child have that behavior)

Looking back on your completed sheet, what do you notice? Are there patterns with what your child reacts to? What changes might you make?