

Filling in an ABC Observation Record Sheet

- Record what happened before (Antecedent)
- Record what happened (Behaviour)
- 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?