Newsome
BEHAVIORAL HEALTH

ABC notes

A simple way to spot patterns at home

How to use it

- Pick one behavior, the hardest one right now. Try it for about a week.
- Write what you saw and heard, not what you think it meant. Short and plain is fine.
- Write down the easy times, too. When does it not happen?

Example	Before	What he did	Right after
	I asked him to put his shoes on.	Threw a shoe, ran to his room.	I put his shoes on for him.

Date and time	A Before	B What my child did	C Right after
	What happened just before?	*What did you see and hear?*	*What happened just after?*
Date Time			
Date Time			
Date Time			
Date Time			
Date Time			
Date Time			
Date Time			
Date Time			

Hungry? Tired? Unwell? Changes at home or school?

These can make hard moments more likely. Jot down anything you notice this week.

General information, not advice about your child. Bring these notes to your child's doctor or a behavior professional.

If anyone is in danger right now, call 911 or your local emergency number.