

Monitoring and Tracking Behaviour

If you are concerned about a child's behaviour, it is useful to keep track. Keeping track is helpful for many reasons:

- It gives you a chance to assess whether what you think about the child's behaviour is true, for example, does the child say *no* to every instruction?
- It helps you assess your own reactions to the child and see when and why problems may happen
- It helps you see if anything is changing (improving, getting worse or staying the same)
- It helps you see when you have reached your goal

Advice and Recommendations

Behaviour Diary

You can keep track using a behaviour diary by writing down when and where a problem behaviour happened, what happened before (what could have triggered the behaviour), and what happened afterwards (how did you react and respond). This strategy may help you see:

- Patterns of behaviour
- How consistently you manage and deal with the child's behaviour
- High-risk times or situations
- Possible triggers and causes for behaviour
- Possible accidental rewards



Example: *List the problem behaviour, when and where it happened, and what happened before and after:*

Problem Behaviour	When and where did it happen	What happened before	What happened after	Other comments
Screaming	6pm in the living room	Turned the tv off, told to get ready for bath time	Allowed to watch TV for 5 more minutes then carried her to the bathroom	I felt guilty so allowed her to watch 5 more minutes of her favourite cartoon
Hitting	10am in the classroom	Asked X to finish an activity and tidy up	X continued to hit out but responded to a distraction	We will consistently give X a warning and introduce a distraction to support transition
Throwing	11:45am in the classroom	Asked to sit on the carpet for story	Guided X to calm corner	

Useful Links:

[Leicestershire County Council – ABC behaviour chart \(pdf\)](#)



Early Years SEND Team, Early Years, Inclusion and Childcare,
Leicestershire County Council, County Hall, GLENFIELD, Leicestershire, LE3 8RF
Telephone: (0116) 305 7136 Email: eysenisadmin@leics.gov.uk