

ABC Behavior Tracker

Entry 1

Date: _____ Time: _____

A - What happened before? Environment:

- Home [] Shop [] Car [] Outside [] Other: _____
- Quiet [] Noisy [] Bright [] Dim [] Crowded
- Morning [] Afternoon [] Evening [] Bedtime

What was happening:

Your child's state before:

- Calm [] Active [] Tired [] Hungry [] Excited
- Already stressed [] Just woke up [] Been busy

B - What happened?

- Meltdown [] Tantrum [] Shutdown
- Crying [] Screaming [] Throwing [] Hitting
- Hiding [] Running [] Going limp [] Other: _____

Duration: _____ minutes

Intensity: Low 12345 High

C - What happened after? Your response:

How it ended:

Recovery time: _____ minutes

How your child seemed after:

- Exhausted [] Confused [] Clingy [] Distant
 - Back to normal [] Still fragile [] Other: _____
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Pattern Spotting (The Magic Bit)

After a Week, Ask Yourself:

The Where Game:

- Always in shops? (Sensory hell)
- Always at home? (Safe to feel)
- Certain rooms? (Lighting? Sounds?)
- Car? (Trapped feeling?)

The When Game:

- Same time daily? (Hunger? Tired?)
- After school? (Held it together all day)
- Sundays? (Monday anxiety)
- Bedtime? (Transition fear)

The What Game:

- After "no"? (Might be tantrum)
- After busy times? (Overload)
- When plans change? (Anxiety)
- During demands? (Pressure)

One mum discovered: Every meltdown followed her saying "Just one more thing." Her child heard "The demands will never end." Changed to "Last thing then home." Game changer.

Your Discoveries:

What calms the storm:

- Getting to quiet space works
- Deep pressure helps
- Water after
- No talking during
- _____

What prevents storms:

- Warning before transitions
- Snacks every 2 hours
- Leaving before overwhelm
- Sensory breaks
- _____

What makes it worse:

- Talking too much
- Bright lights
- Multiple people involved
- Rushing them through it
- _____

Remember: What helps Monday might not help Thursday. Keep experimenting.