ABC data sheet

Child: _____ Week of: _____

Day, time and place	**A · Antecedent** What happened right before? Who was there? A transition, noise, crowds, tired, hungry?	**B · Behavior** What exactly did you see and hear? How long did it last?	**C · Consequence** What happened next? What did you or others do? What helped?	**Intensity** mild · moderate · severe

Tip: describe what you saw, not what you think the reason was. Example and guidance on the back.

How to fill in the ABC data sheet

Example

Day, time	A · Antecedent	B · Behavior	C · Consequence
Tue 4:10 pm grocery store	Straight after school. Busy checkout, loud beep from the scanner.	Hands over ears, lay down on the floor and screamed. About 10 minutes. Severe.	Left the cart, went to the car, headphones on. Calm after 10 minutes. Helped: quiet place, not talking for a while.
Wed 7:45 am home	Different clothes than usual (the familiar sweater was in the wash).	Refused to get dressed, took the sweater off again, cried. 15 minutes. Moderate.	Chose together between two other shirts. Helped: offering a choice, extra time.

What does ABC mean?

A = antecedent, B = behavior, C = consequence. Writing these three down together, every time, helps you and your child's school, therapist or IEP team see what tends to trigger a hard moment, and what helps.

Tips

- Write it down as soon as you can, at least the same day.
- Describe what you saw and heard: "threw the backpack on the floor", not "was angry".
- For the antecedent, look further back too: sleep, food, crowds, noise, a change in plans.
- Always note what helped. That is often the most useful part for school.
- Keep going for one to two weeks, including on good days.
- Bring the completed sheets to your meeting with school, the therapist or the IEP team.

Rather use your phone?

With the **Vindra** app you capture a hard moment in one tap, even from your home screen. Add the antecedent, place and what helped later. Turn it into a PDF report for school or a therapist.

For iPhone · 7 days free · no account needed · **vindra.nl**