

ABCs of Behavior

- **A = Antecedent (“trigger”)**
 - What happened immediately before a behavior occurred?
 - It may be non-observable/ internal (things we cannot see) which are called “setting events” (ex: hungry or tired).
 - Setting events make a behavior more likely to occur (or not occur) under those conditions.
 - Antecedents may be observable events such as taking a special toy or asking to do a non-preferred task.

- **B = Behavior**
 - Specifically describe the behavior;
 - Use objective language; help the child differentiate between a reaction and a response
 - Identify the situation as a problem to be solved

- **C = Consequences (maintaining consequence that predicts future behavior)-**
 - Be aware of other circumstances that may be contributing to the problem behavior
 - As the adult, are we reacting or responding to the child’s behaviors?
 - Is our environment conducive to self-regulation?

