

# TRACKING BEHAVIORS

When tracking behaviors, it is essential to look for patterns. Parents can be attentive to the following:

- Did the event happen around a specific time of every day? Maybe it was getting ready for school every morning, returning home after school, or attempting homework. Perhaps it was mealtime, and a particular food was being served.
- Was any transition a part of the event?
- Was any sensory issue a part of the negative behavior? Was your child overreacting, overly cautious, anxious, or sensitive to sounds, smells, or visual stimulation?

**Remember, patterns can tell us what may be at the root of the problem.**

What was the behavior?	When did it happen? Where did it happen? Who was there?	What do you think is the possible meaning behind this behavior?	Strategies
Crying and Meltdowns	<ul style="list-style-type: none"> <li>• Happens in the after-school program.</li> <li>• Class aide and children</li> </ul>	Hungry, tired, thirsty	Have nutritional snack and drink in his lunch bag available before he leaves for the after school program
Sucking his thumb (9 year old)	In most loud settings	Sensory overload	Plan ahead and take ear cancelling headphones

On page two is a complete chart that parents can print to assist them in tracking behavior.

# MY DETECTIVE PARENTING

Remember, patterns can tell us what is at the root of the problem.

<b>What was the behavior?</b>	<b>When did it happen? Where did it happen? Who was there?</b>	<b>What do you think is the possible meaning behind this behavior?</b>	<b>Strategies</b>