

Instructions for completing an ABC chart

On an ABC chart, there are three sections you need to fill in **every time** your child engages in challenging behaviour:

- **Antecedent** – This is the ‘A’ in the ABC chart and refers to what was happening just **before** the person engaged in challenging behaviour.
 - Where was he/she?
 - Who was with them?
 - Were they asked to do anything?
 - Did they want to do something?
- **Behaviour** – This is the ‘B’ in the ABC chart and refers to the behaviour that you observed. Such as:
 - Vocalisation (shout, talk loudly etc.)
 - Physical or verbal aggression (e.g. hit, kick, spit, swear, insult etc.)
 - Self-injurious behaviour (e.g. head bang, bite self)
 - Sat down and wouldn’t get up
- **Consequence** – This is the ‘C’ in the ABC chart and refers to what happened immediately **after** the person engaged in challenging behaviour.
 - Did the person get attention? Note: ‘telling off’ or being reprimanded is regarded as attention even though it may not be positive.
 - Did they get what they wanted?
 - Did they not get what they wanted?
 - Did they get out of doing something they didn’t want to do?
 - Did they escape from a situation that they didn’t like?