

Functional Behavior Analysis – Parent Handout

Remember: All behavior makes sense, or “works” for your child in some way. We just need to find out exactly how the problem behavior “works” and then change your child’s environment so that 1) that behavior doesn’t work anymore, and 2) your child has a new, appropriate behavior that works even better!

STEP ONE: Learn why the behavior is happening. Fill out the boxes below using the most recent example. Try to capture all the details!

	Setting Events	A(ntecedents)	B(ehavior)	C(onsequences)
Target behavior			Clearly identify the behavior you are concerned about:	
Replacement behavior			Identify the “positive opposite” of the behavior—what would you like to see in that situation instead?	

STEP TWO: Figure out strategies to help replace the problem behavior with something better (in other words, make the replacement behavior “work” better than the problem behavior!). Try to start with “positive” strategies (like praise and rewards) and use consequences like punishment only when absolutely needed.

	Setting Events	A(ntecedents)	B(ehavior)	C(onsequences)
Target behavior	<p>Can you change the situation?</p> <p>Ideas:</p>	<p>Remove, minimize or change antecedents that might be contributing to or triggering the problem behavior.</p> <p>Ideas:</p>	<p>Track it! Start counting how often it happens so you’ll know if your strategies work!</p> <p>Ideas:</p>	<p>Eliminate or reduce any consequences that seem to be rewarding the behavior (is s/he getting his/her way?)</p> <p>Move reinforcing events (rewards, attention, etc.) to the box below.</p> <p>Ideas:</p>
Replacement behavior	<p>Can you learn what helps by looking at the times s/he does what you want?</p> <p>Ideas:</p>	<p>Find ways to set him/her up for success:</p> <ul style="list-style-type: none"> - Clarify expectations - Simple instructions - Remind - Practice - Anticipate & remove obstacles <p>Ideas:</p>	<p>Figure out what you’d like your child to do in this situation instead.</p> <p>Make sure s/he has the skills to do what you want—if not, practice with him! (Role play!)</p> <p>AND make sure your expectations are appropriate for age.</p> <p>Ideas:</p>	<p>Add reinforcing events here! (Praise, attention, rewards, special time together, etc.)</p> <p>Ideas:</p>