ABC data sheet

One row for each episode: what came before, what your child did, what happened after.

Child _____

Dates _____

Filled in by _____

Date, time	Where? Who was there?	A Before What was happening right before? What had just changed?	B Behaviour What did your child do? Describe it like a video.	C After What happened right after? How did it end?	How long	? Your guess What might it be about? Optional.

Fill in a row the same day, when things are calm. After 2–3 weeks, look for repeats in columns A and C.

? White boxes: what you saw or heard. Grey boxes with ?: your guesses — write them as guesses (“maybe..., not sure”).