

ABC Behavior Notes

Foster or adoptive parents participating in Enhanced Foster Care services and caring for a child who has experienced complex trauma are likely to observe the child struggle with intense or elevated behaviors. Parenting traumatized children is hard but these behaviors are normal. Upon completion of Pressley Ridge Training, you will learn about understanding behaviors and the ABCs (Antecedent – Behavior – Consequence) of behavior analysis. To support seeing trauma through a child’s eyes and parenting therapeutically, ABC Behavior Notes was developed. This is optional for use but is encouraged to help see trends in the child’s behavior over time, such as time of day or location. These notes also support communicating behaviors and responses to the child’s treatment team.

Child’s Name: _____ Child’s Date of Birth: _____ Foster/Adoptive Parents: _____

Month/Year: _____

Date/Time When did the behavior occur?	Location/Activity Where did the behavior take place and what activity was happening?	Antecedent What happened right before the behavior that might have been a trigger?	Behavior Describe the behavior. How long and intensely did it occur?	Consequence What happened after the behavior or was a result of the behavior? How did you respond?
EXAMPLE: 8/15/22 – 8:00 AM	Johnny was at home getting ready for school.	Johnny went to eat breakfast and his brother pulled the chair out when Johnny was going to sit at the table. Johnny fell on the floor.	Johnny began yelling, cussing, punched his brother in the face, threw a plate at the wall and kicked the dog. Very intense and lasted for 1 hr 15 minutes until he was exhausted and fell asleep.	I tried reminding him of his coping skills, focused on keeping everyone safe, called his worker and the crisis line for support in calming him down. Johnny didn’t go to school, I missed work and the other kids were late. I felt very defeated and we discussed at family therapy.

