

The ABC Process - Step 1

The goal = Try to understand why the behavior is occurring

Behavior is everything that we do, good and challenging, including words and actions. Sometimes children with disabilities show us what they want and need through their behavior. To be able to help change challenging behavior, we must first try to understand it. The ABCs help us do this.

Remember: Focus on only one challenging behavior at a time.

A

Antecedent = Before

What happens before the behavior?

How does what happens make the child feel? What is their emotion?

B

Behavior = During

What does the challenging behavior look like? What do they do?

What do we want them to stop or start doing?

C

Consequence = After

Currently, what happens after the behavior?

How does the child feel about what happens?

Is this behavior more or less likely to occur again?

The ABC Process - Step 2

The goal = Make a plan

After working to try our best to understand why the behavior is occurring, next a plan can be made for what is best to do before, during, and after. The plan should always focus on keeping everyone involved safe and helping the child continue to learn in a way that is best for their age and development level. **Remember: Make a plan and then use it consistently.** Be patient, it may take the child time to get used to the changes and for you to see changes in their behavior.

A

Antecedent = Before

Can we try anything to prevent the behavior from happening?

B

Behavior = During

How do we want to respond when this behavior is happening?

C

Consequence = After

What is the appropriate consequence for this behavior?

What will help the child to do this less and continue learning?