



The following form may help you think of some helpful ways to change patterns with your child's behaviours that are recurrent and troubling. We have given one example to help you understand how you might use it.

ABCD FORM

A ntecedents W hat Happens to Trigger the Behaviour?	B ehaviours W hat Does Your Child Do?	C onsequences W hat Do You Do About the Behaviour?	D ifferences W hat Could You Do Differently?
<i>Example:</i> [Parent] asks that [child] brush teeth before going to bed	Crying and lying on the floor	Give in and let child go to bed without brushing teeth	1) Go with child to brush teeth together. 2) Brush teeth <u>before</u> bedtime story.