

ABC Tracker is a **free** behavior tracking app.



Available in the Google Play Store or iTunes App Store.



Next week's **Behavior Bulletin** will teach you what to do with all of the data that you have tracked!

Tracking Challenging Behavior

The process of **tracking behavior** events serves the important “information gathering” role in behavior modification. Many aspects of life—buying a home, planning a vacation, starting a new job— include an “information gathering” step so that the best decision can be made based on the current circumstances.

Tracking behavior data serves the same purpose—to inform and guide the best course of action. There are ways to track the most important pieces of information without consuming large amounts of time and effort.

Effective behavior tracking can help parents and caregivers to identify patterns, triggers, successes, and failures. First, determine how you want to track the information. This can be a notepad, a cell phone app, a calendar, or whatever works for you. Next, choose one behavior you want to learn more about through the tracking process. This is called the “target behavior” or the behavior that you want to learn more about. Last, make sure that everyone who will be tracking data knows what to do and how to do it.

Quick Tips: use shorthand or abbreviations, draw a ‘+’ for good results and ‘-’ for poor results, use tally marks, use a schedule book that has printed dates and times, and keep a notepad in your car or bag.

What Information Needs to be Tracked?

Tracking	Description	Example	Example
Date, Time, Duration	date and time and how long it lasted	Mon 1/25 3:35p 25m	Tue 1/26 8:30p 5m
Before	what occurred before the behavior	Got off school bus	Asked to pick up toys
Behavior	specifics of observed behavior	Slapping IIIII Kicking III	Slapping III Kicking I
Response	parent response to the behavior	Sent to room	Remind of “nice hands and feet”, offered to help
Result	how did the child react	Mad, throw things in room, long time to calm	Accepted help, kept hands/feet to self :)

Upcoming Events

Date/Time	Topic	Link
Saturday, January 30 9:00am—11:30am	What’s Next? Transition Through the Years Virtual Mini-Conference	https://parentnetworkwny.org/event/whats-next-transition-through-the-years-mini-conference/
Monday, February 1 7:00pm—8:30pm	Northtowns Family and Caregiver Support Group	https://zoom.us/j/99541728957?pwd=a1Q4djhNRnhKaktJblhZbC84RC8rQT09
Saturday, February 6 10:00am—12:00pm	Early Intervention: Everything You Need to Know!	https://parentnetworkwny.org/event/early-intervention-everything-you-want-to-know/



The contents of this document were developed under a grant from the US Department of Education, #H325160003. However, those contents do not necessarily represent the policy of the US Department of Education, and you should not assume endorsement by the Federal Government. Project Officer, Carmen Sanchez.