



Click the link below to access a free behavior tracking chart.

<https://drive.google.com/file/d/1yjoQTwmOVUUPZx1tw8rOLg3y-o9id2Ts/view?usp=sharing>



In next week's *Behavior Bulletin* we will dig deeper into pro-active strategies.

What To Do With Behavior Data

In the last behavior bulletin we discussed how and what information to track in relation to challenging behaviors. Today, we will start to discuss what to do with the information that was gathered and how it can help with behavior modification?

Patterns

The data that was collected should be reviewed to see if any patterns are present. Some common patterns to look for include: the time of day, the day of the week, the circumstances that are present before the challenging behavior, relationships between different pieces of data tracking (ex: longer duration on Mondays), or a pattern between a response and a result. Once patterns are identified you can start to develop a plan to address the pattern of challenging behaviors.

Triggers

The events or circumstances that took place just **before** the challenging behavior can help determine the trigger to the challenging behavior. For example, if every time you direct your child to take a bath, the child displays challenging behaviors, then it is likely that the trigger is the "task"; in this example the "task" is the bath. On the other hand, if the challenging behaviors occur after giving **any directive** (pick up toys, go to bed, do your chores, etc) then the trigger may be the "ask" and not the "task". Some common triggers include: transitions, sensory dysregulation, lack of structure, boredom, being told 'no', lack of attention, or unclear expectations.

Starting To Build A Plan

Now that some patterns and triggers have been identified you, can start to build a plan around the identified triggers and patterns. As you start to build a plan, consider what can be done **before** or at the time of the trigger. This is called "pro-active intervention" because it occurs **prior** to the challenging behavior. Pro-active interventions address the triggers and patterns, **not** the challenging behavior. For example, if the "ask" is the identified trigger then a pro-active strategy may be to provide choices instead of directives.

Upcoming Events

Date/Time	Topic	Link
Saturday, February 6 10am-12pm	Early Intervention: Everything You Want to Know	https://parentnetworkwny.org/event/early-intervention-everything-you-want-to-know/
Monday, February 8 6pm-7:30pm	Transition from Preschool to School Age Special Education	https://parentnetworkwny.org/event/transition-from-preschool-to-school-age-special-education/
Thursday, February 11 7pm-8pm	Buffalo Parent & Caregiver Chat Group	https://zoom.us/j/91379417144?pwd=a1BTU3FLMUUyNUFzWHV3WW5KUElZQT09



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