



ABC Behavior Tracker for Parents & Caregivers

OBSERVE • RECORD • SUPPORT • MAKE PROGRESS TOGETHER

How to Use This Tracker:

Write down what you see using the A-B-C format. Be as specific and clear as possible. This information helps your behavior team understand your child's behaviors and provide the best support.

- A** – What happened before? (e.g., what was said, what was happening)
- B** – What did the behavior look like? (e.g., what the child said or did)
- C** – What happened immediately afterward? (e.g., how others responded, what changed)



Don't worry about figuring out the function—just describe what you see.

Your observations are valuable and help build a clearer picture over time!

Date / Time	A – What happened before?	B – What did the behavior look like?	C – What happened immediately afterward?
9/15, 6:30 PM	Parent asked child to turn off the tablet for dinner.	Child cried, yelled, and dropped to the floor.	Parent gave a reminder, waited briefly, then guided child to the table.



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Need individualized support?

Every child and family is different. New Start Behavior Interventions provides individualized ABA services and caregiver training designed around your family's needs.

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