

Reflection Log for Parents

The table below can be used to keep a record of dates and times of the behaviour.

Date	Time

Here are some reflection questions to help identify the trigger of the behaviour, what is the behaviour communicating, and what could help prevent/moderate the behaviour.

When and at what time is the behaviour more likely to occur?

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Where is the behaviour more likely to occur?

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During which activities is the behaviour more likely to occur?

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Are there any times/activities during which the behaviour does not occur at all?

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With whom is the behaviour more likely to occur?

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Does the child achieve something from that behaviour?

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Does the child use the behaviour to engage or avoid an activity?

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What might the child be trying to communicate with that behaviour?

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What changes can you make to the environment in order to decrease their triggers (if any identified)?

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