



Introduction to ABC Data Collection



[CHILD NAME]
[COACH NAME]
[DATE]



Throughout presentation notes, **BOLD** is for the coach only to read, *italics* is a script for coach to read to caregiver.

This presentation will allow you to walk through the steps of ABC data collection with the caregiver, giving them a chance to practice with you before they will be entering instances on their own.

This should be about 30 min long

You can interrupt me anytime. I have slides and an agenda of what we need to cover, but this shouldn't be a lecture with me talking at you. You can stay unmuted and ask questions throughout!



Agenda

Learn about
ABC data
collection

Practice
together

Reflect on a
recent
instance

Next steps
and
scheduling

First, we'll discuss ABC data collection. It sounds a little intimidating but it's really just a way of breaking things down to figure out what's going on in [child name]'s world when he/she has challenging behavior. Why might this be happening? Once we understand that, we can figure out what to do about it.

Then we'll practice collecting data together with a video of [CHILD] from one of the practice sessions.

Then I'm going to have think about a recent instance of [child name]'s challenging behavior and go through the ABCs. I'll be here to guide you along in case you have questions or don't understand something as it comes up.

And last we'll schedule our next meeting and talk about what you need to do in the meantime.

ABC Data Collection



Did you get a chance to watch the video? If not, we can watch it together now

ABCs

A: Antecedents

- Happen before challenging behavior
- Event that **triggers** challenging behavior

B: Behavior

- Challenging behavior
- Trying to **communicate** wants and needs

C: Consequences

- Happen after challenging behavior
- **Stop** challenging behavior

Activity

- Where is [child name] when behavior occurs?
- During what activity does the behavior occur?

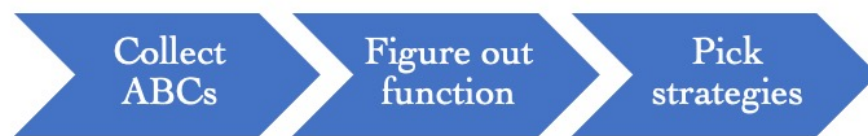
To review from the video, an antecedent is the event that happens immediately before challenging behavior and is what sparks or triggers the behavior.

Behavior refers to the challenging behavior, which is what the child engages in to communicate his/her wants or needs.

A consequence is the event that happens immediately after challenging behavior and is what stops the behavior. It is important to remember that “consequences” in this case aren’t necessarily negative, they just refer to whatever happens right after the behavior.

The last part of each entry is titled “activity” and refers to what was going on during [child name]’s day when the behavior occurred.

Function of challenging behavior = To get or escape something



What these ABCs are going to help us do is figure out the function of his behavior. Remember what I said at the beginning about breaking things down to figure out what's going on in [CHILD'S] world?

When we look at the ABCs, we can figure out what's setting his challenging behavior off and what stops it.

He/she is trying to communicate something with us and once we know what it is, we can figure out what to do about it.

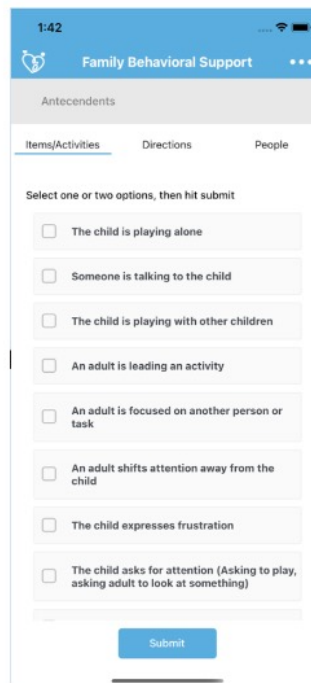
Usually there are two possible "functions" of these behaviors: either to get something or to escape something.

That's putting it into super simple terms, but once I give you some examples it will make more sense.

So, if the challenging behavior is functioning to get something, it would be like "I want to get your attention," or "I want you to give me my favorite toy"

Escaping something would be you asked me to do something, I really don't want to do it, I need a break. Or someone is talking to me and I want them to go away. That's escaping directions and attention

Antecedent



1:42

Family Behavioral Support

Antecedents

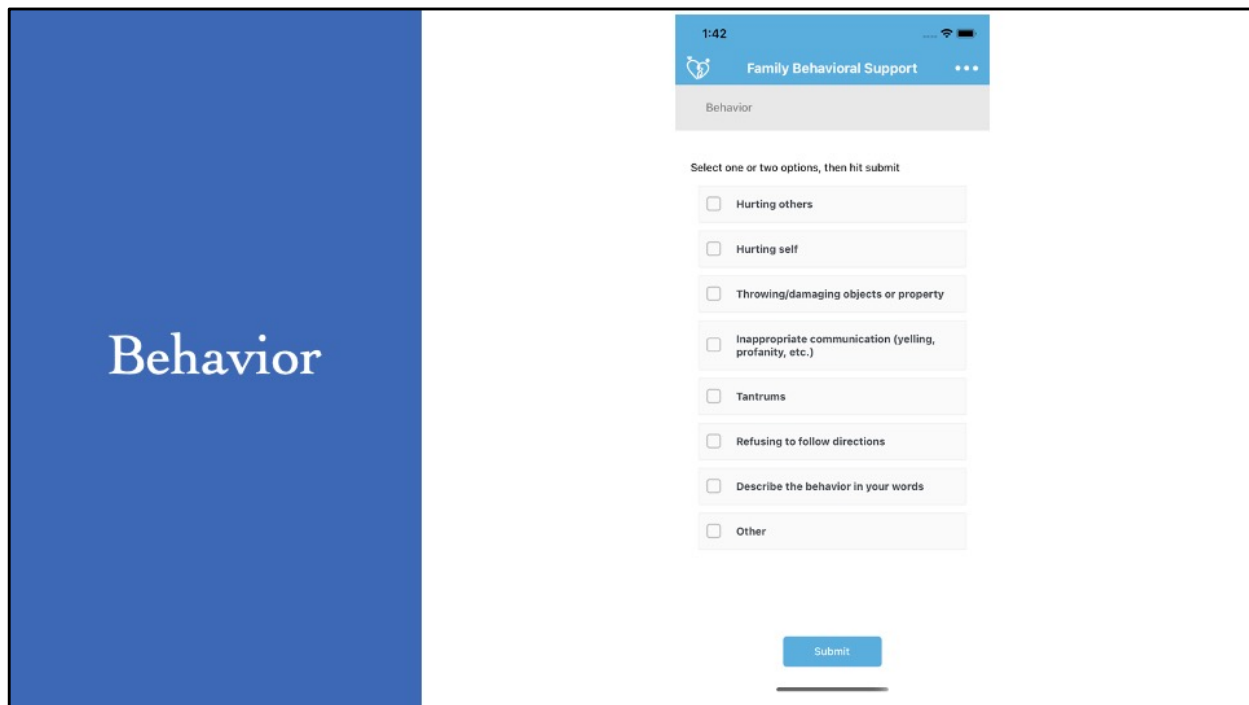
Items/Activities Directions People

Select one or two options, then hit submit

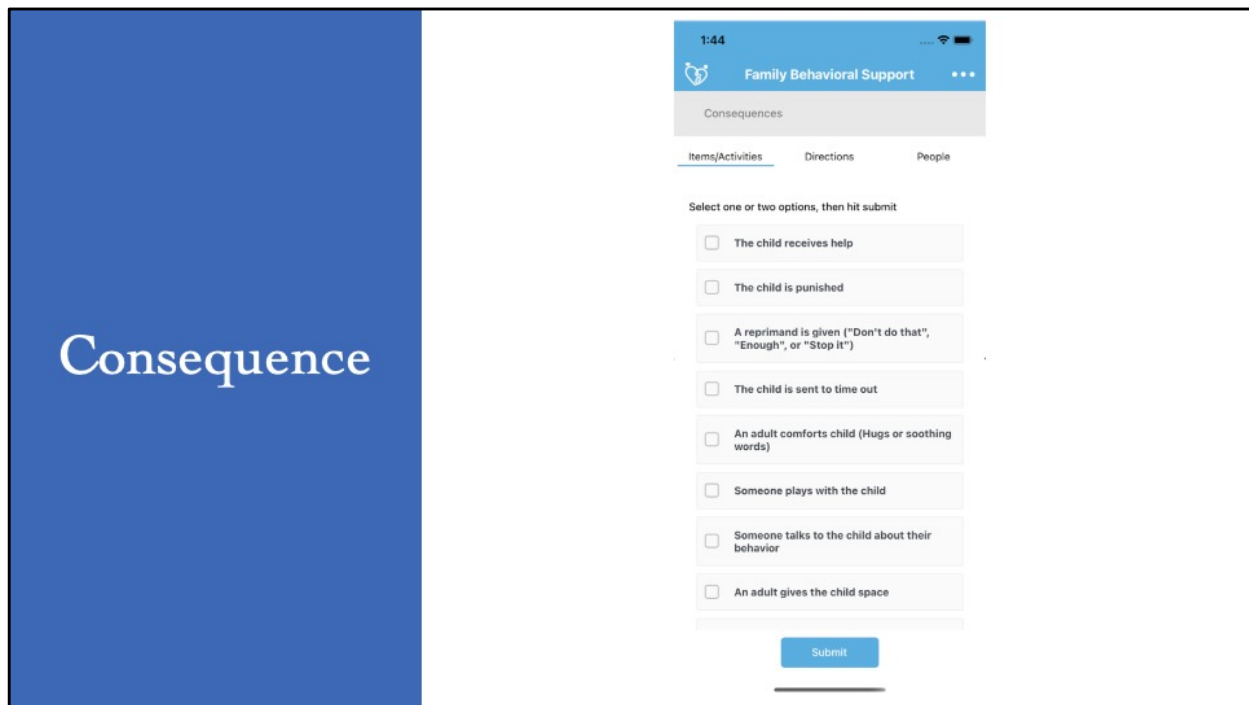
- The child is playing alone
- Someone is talking to the child
- The child is playing with other children
- An adult is leading an activity
- An adult is focused on another person or task
- An adult shifts attention away from the child
- The child expresses frustration
- The child asks for attention (Asking to play, asking adult to look at something)

Submit

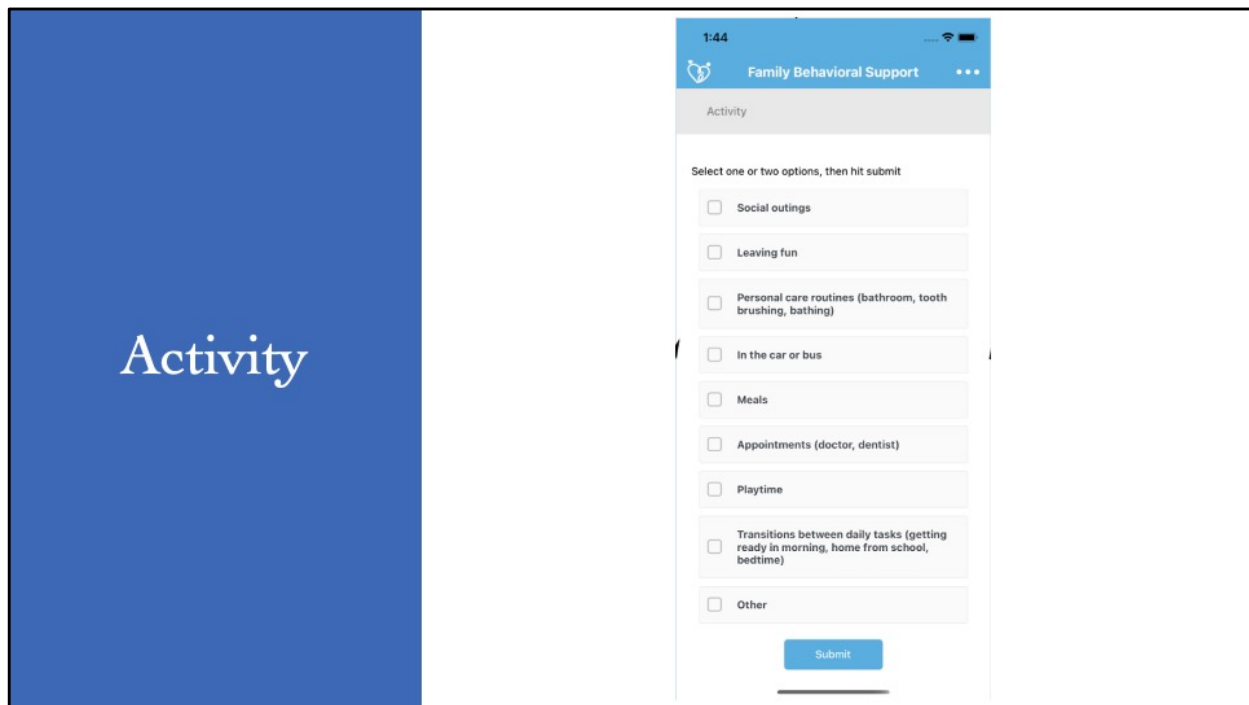
These are some common antecedents that typically cover most scenarios. However, if you don't see the exact thing you need to fit a certain scenario, there will always be an "other" category that you can select.



Here is the screen that shows different options for the description of the challenging behavior. You have the option to either select one of these, describe it in your own words, or again you can select “other” if that makes the most sense.



These are some common consequences that typically cover most scenarios. Again, if you don't see the exact thing you need to fit a certain scenario, you can select "other".



These are some common activities that might describe what [child's name] was doing during the CB instance.

Again, if you don't see the exact thing you need to fit a certain scenario, you can select "other".

Let's Practice Together!

- [INSERT VIDEO CLIP]

If you have videos of the family, use those here. If not, use some from our website.

Now let's watch a video and work through the ABC's together. Do your best to pay attention to what happens immediately prior to and immediately following the challenging behavior.

Antecedents

From this list, what do you think **triggered** [child's name]'s challenging behavior?

The screenshot shows a mobile application interface titled "Family Behavioral Support". The screen displays a section for "Antecedents" with three tabs: "Items/Activities", "Directions", and "People". Below the tabs, there is a prompt: "Select one or two options, then hit submit". A list of eight antecedent options is provided, each with a checkbox:

- The child is playing alone
- Someone is talking to the child
- The child is playing with other children
- An adult is leading an activity
- An adult is focused on another person or task
- An adult shifts attention away from the child
- The child expresses frustration
- The child asks for attention (Asking to play, asking adult to look at something)

A blue "Submit" button is located at the bottom of the list.

Now looking at this list of antecedents, which one do you think fits with what happened immediately prior to [child's name]'s challenging behavior, or what triggered the behavior? Remember, you can always select "other" if none of the provided options work.

Behavior

From this list, what do you think best fits with [child's name]'s instance of challenging behavior?

1:42 Family Behavioral Support

Behavior

Select one or two options, then hit submit

- Hurting others
- Hurting self
- Throwing/damaging objects or property
- Inappropriate communication (yelling, profanity, etc.)
- Tantrums
- Refusing to follow directions
- Describe the behavior in your words
- Other

Submit

From this list of behaviors, what matches most closely with the behavior [child's name] engaged in? Remember, you can select "other" if none of the provided options work.

Consequences

From this list, what do
you think **stopped**
[child's name]'s
challenging behavior?

1:44 Family Behavioral Support

Consequences

Items/Activities Directions People

Select one or two options, then hit submit

- The child receives help
- The child is punished
- A reprimand is given ("Don't do that", "Enough", or "Stop it")
- The child is sent to time out
- An adult comforts child (Hugs or soothing words)
- Someone plays with the child
- Someone talks to the child about their behavior
- An adult gives the child space

Submit

From this list of consequences, what happened immediately after the challenging behavior, or what stopped the behavior? Remember, you can select "other" if none of the provided options work.

Activity

What activity was going on when the behavior occurred?

The screenshot shows a mobile application interface titled "Family Behavioral Support". The screen is titled "Activity" and contains the instruction "Select one or two options, then hit submit". Below this instruction is a list of activities, each with an unchecked checkbox:

- Social outings
- Leaving fun
- Personal care routines (bathroom, tooth brushing, bathing)
- In the car or bus
- Meals
- Appointments (doctor, dentist)
- Playtime
- Transitions between daily tasks (getting ready in morning, home from school, bedtime)
- Other

At the bottom of the form is a blue "Submit" button.

Choose the activity that was taking place when [child's name] engaged in challenging behavior. Remember, you can select "other" if none of the provided options work.

Let's Reflect

The screenshot shows the 'Family Behavioral Support' app interface. At the top, it says 'Data on challenging behavior'. Below that, there is a prompt: 'Think of one instance of challenging behavior that occurred today. Using the boxes below, mark what happened before the behavior (antecedent), after the behavior (consequence), and during which activity the behavior occurred.' There are five colored boxes for input: 'Antecedent' (orange), 'Behavior' (blue), 'Consequences' (teal), and 'Activity' (purple). Each box has a 'Tap to view' label below it. A 'Submit' button is at the bottom. The bottom navigation bar includes 'Supports', 'My Plan', 'Graphs', 'Messages', and 'Help'.

1. Select “yes” when asked if [child’s name] engaged in CB today
2. Enter what you think **triggered** the behavior
3. Enter the behavior
4. Enter what you think **stopped** the behavior
5. Enter the activity

On this slide, have caregiver reflect on a recent instance of CB and walk them through inputting first instance in the App.

Now let’s reflect on a recent instance of CB and we can walk through entering it into the App.

Can you think of a recent instance?

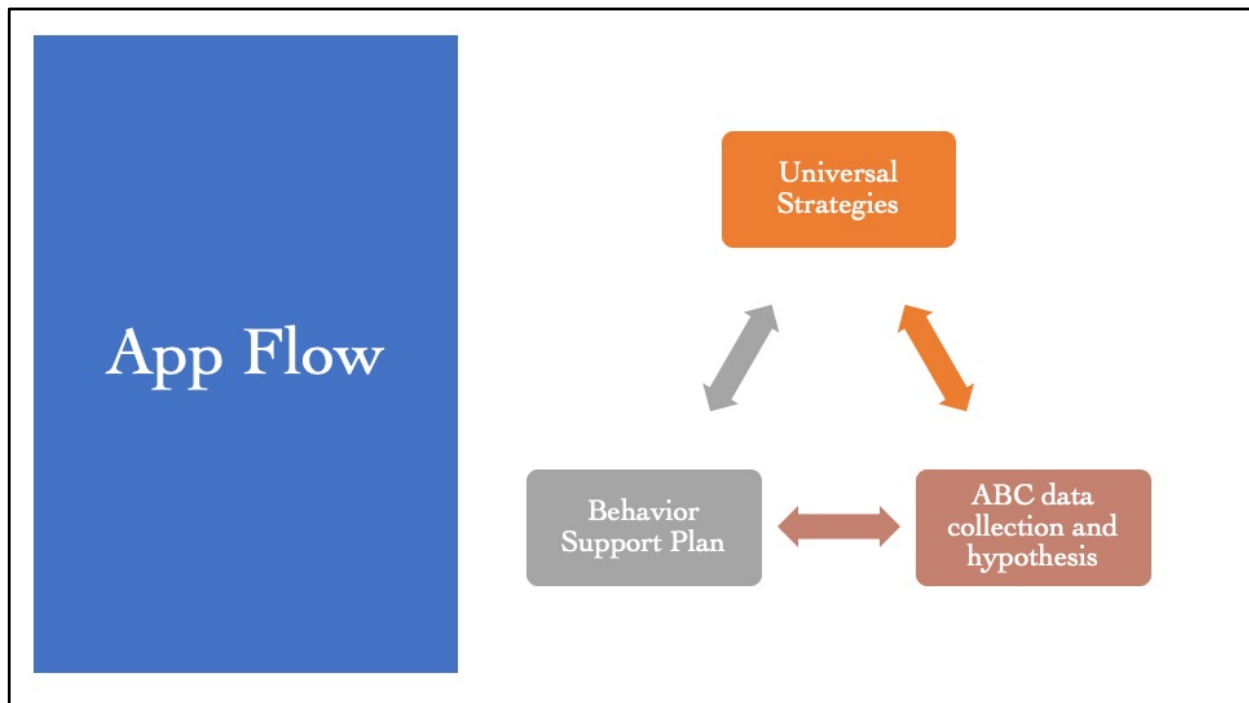
So first, you’ll click “add an instance”.

Then enter what you think triggered the behavior in the antecedents box, what the behavior was in the behavior box, what stopped the behavior in the consequences box, and what activity was going on in the activities box.

Let me know when you are finished or if you want to talk through any of the ABCs.

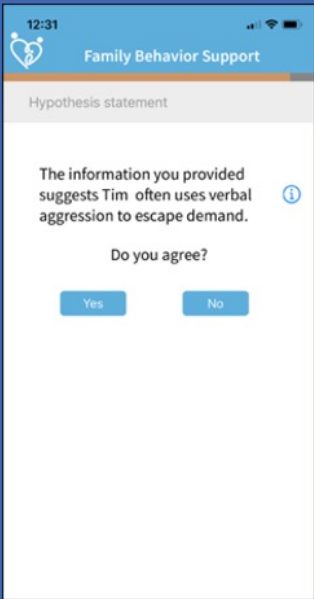
Let’s take a look at your first entry!

walk through the ABCs they entered and discuss/ give feedback



We have gone over this slide in the previous meeting, but just to remind you the App works in a cyclical way so all of this ABC data you will be taking will help inform [child's name]'s BSP and strategies to use. Remember- this is a continuous process, and we will be using information from each section to inform any of the other sections.

Finished collecting data...



12:31
Family Behavior Support

Hypothesis statement

The information you provided suggests Tim often uses verbal aggression to escape demand. ⓘ

Do you agree?

Yes No

Hypothesis statement = Child uses challenging behavior to get or escape something

If you answer yes → your Behavior Support Plan will be created

If you answer no → you will be asked to collect more data

After you have entered an instance with ABCs, the App will form a hypothesis statement about what the function of [child's name]'s challenging behavior might be. If you agree with it, select yes and your Behavior Support Plan will be created. If you don't agree, you can select no and you will be asked to collect more data so we can form a BSP.

As a reminder, you have to enter 5 instances of CB for your hypothesis to be generated, and you can only enter one instance per day.

Next Steps

Before we meet next:

1. Continue working through the Universal Strategies sections.
2. Enter ABC data for any instances of CB that occur

Before our next meeting, continue to work through the universal strategies sections. IF there is an instance of CB before we meet next, do your best to enter the ABCs. Reach out to me with any questions as you work through things!