Behavior Worksheet For Parents

Think about these questions and review with other adults who care for your child. It’s a tool to help you understand what might be motivating behavior that’s challenging for you.

Child’s significant temperament traits: (think about your traits as well)

❑ Active       ❑ Intense       ❑ Slow adapting       ❑ Easily frustrated
❑ Persistent   ❑ Sensitive     ❑ Irregular           ❑ Slow-to-warm-up
❑ Distractible ❑ Other ______ ❑ Impulsive

Parenting style:
Do you tend to ❑ be strict? ❑ give in? ❑ ping-pong back and forth?

Name one behavior bugs you a lot?

What time of day does this behavior occur?

How often does it occur?

Where does it occur?

With whom does it occur?

What often happens before the behavior?

What makes this behavior worse?

What sometimes helps?