

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?