

## Taming the Triggers

# What behaviour?

Behaviour Analysis for:  _____	_____	
(name)	(describe behaviour here)	
<b>Physical Antecedents?</b>	<b>Y/N</b>	<b>Solution</b>
Is the child tired?		
Is the child hungry or thirsty?		
<b>Temperamental Antecedents?</b>	<b>Y/N</b>	<b>Solution</b>
Is the child frustrated? Does she need help?		
Is a sensitive child being stressed by the environment? Lights? Noise? Sock seams?		
Has a slow approach child been hurried through a new activity, place, people?		
Has a regular child's routine been disrupted?		
Has an active child had time to "burn off steam"?		
Has a non-adaptable child been hurried through a transition or surprised?		
Is the behaviour typical of an intense child?		
<b>Triggers?</b>	<b>Y/N</b>	<b>Solution</b>
Has the child had something happen that generated the behaviour?		
Does the behaviour occur at a particular place? What can you do to prepare for high trigger places?		
What can you do to plan ahead for the impact of triggers that cannot be avoided?		
<b>Maturity &amp; Expectations</b>	<b>Y/N</b>	<b>Solution</b>
Is the child mature enough to resist temptation or is the temptation too strong?		
Are your expectations suitable for the age, temperament, and development of the child?		

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<b>Discipline</b>	<b>Y/N</b>	<b>Solution</b>
Are limits around the behaviour clear and consistent?		
Has the child participated in defining consequences?		
Is the child getting enough freedom? Is the behaviour a push on their framework of limits?		
<b>Parental Attention &amp; Behaviour</b>	<b>Y/N</b>	<b>Solution</b>
Has the child spent enough time with you to fill up his need for positive attention?		
Does the child need affection?		
Have you been too focused on negative behaviour?		
Can you describe in words your child's positive traits and gifts? Have you done so recently?		
How is your own behaviour affecting the situation? Have your needs for rest and relaxation been met?		
<b>Other Considerations</b>	<b>Y/N</b>	<b>Solution</b>
Are there other family dynamics or circumstances that are contributing to the behaviour? (moves, illness, deaths, divorce?)		