

ABC Data Collection Sheets

A simple guide for parents and caregivers

What does ABC mean?

ABC stands for Antecedent, Behavior, and Consequence. It is a simple way to write down what happened before a behavior, what the behavior looked like, and what happened right after. Over time, these notes can help identify patterns and better understand what your child may need in certain situations.

This tool focuses on observation, not judgment. There are no right or wrong answers.

Antecedent

What happened right before the behavior?

This section is for writing down what was happening just before the behavior occurred. Try to be specific about the situation or environment.

Examples include transitions, requests, changes in routine, noise, frustration, or being told no.

Behavior

What did the behavior look like?

This section is for describing what you observed. Focus on what someone else could see or hear.

Avoid labels or interpretations. Stick to observable actions such as crying, leaving an area, yelling, or repeating words.

Consequence

What happened right after the behavior?

This section is for noting what happened immediately after the behavior. This may include how others responded or what changed in the environment.

Examples include receiving help, removal of a task, a break being given, or attention being provided.

Example

Antecedent: Asked to clean up toys

Behavior: Child yelled and threw a toy

Consequence: Parent helped clean up and dinner began

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Important Reminder

ABC sheets are for observation only. They are not meant to diagnose or replace professional guidance. Reach out to your care team if you have questions or concerns.