

## **Behavior Management Plan Strategy**

1. Caregiver identifies a single behavior to target.
2. Caregiver monitors the behavior without intervention for a week to determine frequency and circumstances in which the behavior occurs (e.g., antecedents).
3. Parent and therapist devise specific behavioral plan to respond to identified behavior (e.g., praise child when he interacts without violence, implement consequence for hitting).
4. Therapist practices with the parent how they will respond to behavior (e.g., putting child in time out or taking away TV time).
5. Therapist follows up with parent about how well the plan worked, praises success and modifies the plan as needed (e.g., time out didn't work b/c the child played with the computer in time out room).
6. A new plan is set in place and the behavior is monitored (e.g., time out is held in a room without games or toys).
7. Once success has been achieved with a single behavior, the other behaviors are reviewed to see if there has been change.
8. A new plan is put in place for another problem behavior.

## Behavior Plan Worksheet

1. Behavior to target
  
2. Caregiver monitoring
  - a. Frequency of targeted behavior: \_\_\_\_\_
  - b. Behavioral antecedents
    - i. When did it occur?
  
    - ii. Where did it occur?
  
    - iii. What was child doing prior to targeted behavior?
  
    - iv. Possible behavioral triggers?
  
    - v. Who was present during child's target behavior?
  
    - vi. What did the child do? Say?
  
    - vii. How did others respond?
  
    - viii. What did the child do next?

ix. Other observations

3. Initial behavior plan

a. Behavioral parenting method(s) to be used:

b. Contingencies:

i. Reward(s)

ii. Consequence(s)

iii. Time period(s) involved:

4. In session practice completed? \_\_\_yes \_\_\_no

5. Behavior plan implementation review

a. On a 1-10 scale (1 = no behavior change, 10 = 100% compliance), how successful was implementation?

1-----5-----10

b. What went well?

c. What adjustments are needed?