

LEARNING TO MANAGE BEHAVIOUR

Monitoring your child's behaviour

It is important that parents are fair about the discipline we give children. When we are stressed a child's behaviour can seem to be worse than it is. One way of being fair is to know exactly how often your child displays acceptable behaviour and unacceptable behaviour.

Description of unacceptable behaviour:		
	Was this behaviour better, worse or about the same as usual?	Overall, how much of a problem was the behaviour today 1 = no problem 10 = a huge problem
Monday	Better Same Worse	1 2 3 4 5 6 7 8 9 10
Tuesday	Better Same Worse	1 2 3 4 5 6 7 8 9 10
Wednesday	Better Same Worse	1 2 3 4 5 6 7 8 9 10
Thursday	Better Same Worse	1 2 3 4 5 6 7 8 9 10
Friday	Better Same Worse	1 2 3 4 5 6 7 8 9 10
Saturday	Better Same Worse	1 2 3 4 5 6 7 8 9 10
Sunday	Better Same Worse	1 2 3 4 5 6 7 8 9 10

Description of what you did to manage the behaviour this week: