

Tracking Challenging Behaviors

This tracker can help identify a child's behaviors that are negative, harmful, or otherwise "undesirable." When you chart the *Who, What, When, and Where* of specific problems you can begin to dig into and possibly better determine the *Why*. You don't need to write a lot; just jot down some notes so you can begin to try to decipher patterns perhaps identify the meaning behind the behaviors.

What was the behavior?	Who is in the room/ to Whom is the behavior directed? Where does it usually occur? When? (weekly, daily, hourly)	What do you think is the possible meaning behind this behavior? (Why?)

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