

# Follow the ABC of behaviour management

With a view to better understand where misbehaviour stems from, psychologists created the ABC Behaviour Chart, which considers behavioural triggers, actions to combat misbehaviour, and the consequences of such behaviour. In this model, the ABC stands for:

- **Antecedents** – These are the factors which influence a child's behaviour and are often referred to as triggers.
- **Behaviours** – The B stands for the behaviours you'd like to encourage or discourage, for example, swearing or hitting. There are many strategies for encouraging certain behavioural changes.
- **Consequences** – The consequences of a child's behaviour, either positive or negative, which directly follow an outburst. Both you and the child need to be clear about what the consequences are for misbehaviour, and you must take immediate action to ensure consistency.

We'd recommend sitting down and mapping out each behaviour the child exhibits using the labels above.

Once you know what triggers your child's behaviour and have a system in place to deal with the aftermath, you have a powerful strategy that will help towards positive behavioural change.