



Summary Sheet

# Module 1

**ATSI: Measuring your child's behaviour**

# Measuring your child's behaviour

If you are going to change your child's behaviour you need to know exactly what is happening now, and what your child does well. It is by building on what your child does well that you will best be able to manage the difficult behaviour.

## Describing your child's behaviour

Describing your child's behaviour well is like taking a clear picture of what is happening, Check your description using the "telephone test".



### Telephone test

Imagine you are talking to your friend over the phone and telling them about your child's behaviour. Will your friend "see" exactly the same behaviour you can see?

For example: If you say your child is "aggressive" your friend might imagine all sorts of things. But if you say your child "hit his sister with a stick" your friend has a much better idea of exactly what you are talking about.

## Measuring the behaviour

We need to measure the behaviour so we can know if there is any improvement.

We might want to know:

- how often? (frequency), e.g. How often does he shout at his brother?
- how long? (duration), e.g. How long does he cry when he goes to bed?
- how many? (permanent products), e.g. How many DVD covers are there?