



## DECODING CHALLENGING BEHAVIOR

### What

- Describe the behavior in concrete terms:
- What benefit does the child receive from the behavior?
- What chronological age do you think the behavior reflects?
- What actions or activities precede the behavior?
- What does the child understand about the behavior?

### Who

- Does the behavior occur with the same or different people?
- For whom is it a problem?

### When

- When did the behavior start?
- How often does this behavior happen?
- Are there any events or past experiences connected to the timing of the behavior?
- How have prior consequences or interventions affected the behavior?

### Where

- What location does the behavior occur in most often?
- Describe environmental (sensory) factors that may be involved:

## And why... Develop your hypothesis

Could it be...

- A medical concern
- A communication problem
- A cultural difference
- Related to a past experience
- Related to a mental health condition
- Connected with medication or substance use effects
- A cognitive delay
- A sensory processing problem
- Trauma based

*What are the possible causes of the behavior?*

**What will you try first?**

**Develop and implement a behavior intervention plan**

- Monitor the plan**
- Reassess**