**Behaviour management plan**

**My name: My child’s name:**

**What behaviour shows that your child is feeling well?**

Describe the behaviour in specific terms, such as “makes eye contact” or “smiles”.

**List of words, gestures or situations that trigger or increase unwanted behaviour.**

**How does your child show they are getting upset? List the behaviour, actions and words.** Describe the behaviour as specifically as you can, such as “begins to rock” or “begins to tug on clothes”. Include when and where it usually happens.

**List specific actions you can take to distract your child to prevent the behaviours from escalating.**

**How does your child react when behaviour has escalated?** Describe the behaviour in specific terms such as: “hits”, “bites” or “runs away”.

**List specific actions that have helped you in a crisis.**

**How does your child show that they are calming down?**

Describe the behaviour in specific terms, such as “begins to make eye contact” or “breathing slows down”.

**List specific actions that help your child calm down.**