

# Behaviour Diary

## Instructions:

1. Write down significant behaviour (good and bad) that you notice in your child.
2. Note the date and time. Make notes about what was happening at that time (and perhaps 30 minutes prior).
3. Keep going for 2 weeks to see if any patterns emerge.

Date & Time	Describe the behaviour	What happened before the behaviour?

For a full explanation of the Behaviour Diary visit [www.thomvandyke.com](http://www.thomvandyke.com).

