

THE CALM HOME *Assessment*

A BCBA-DESIGNED GUIDE TO
UNDERSTANDING YOUR CHILD'S
BEHAVIOR

Discover what your child's behavior is communicating and
the first steps toward calmer routines, smoother transitions,
and more confident parenting.

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Create a plan designed for your family.



Welcome

Before trying another reward chart or consequence, start here.

Most parenting advice focuses on stopping the behavior.

At Blue Bolt Pediatric Care, we start with a different question:

“Why is this behavior happening?”

Behavior is communication. When we understand what happens before and after a behavior, we can create strategies that teach children what to do instead.

This assessment will help you identify:

- ✓ common behavior patterns
- ✓ situations that may trigger challenges
- ✓ skills your child may still be learning
- ✓ simple evidence-based strategies to try

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Step 1: Identify Your Biggest Challenge

- ☐ Not listening
- ☐ Tantrums/meltdowns
- ☐ Aggression
- ☐ Screaming
- ☐ Transitions
- ☐ Bedtime
- ☐ Morning routines
- ☐ Leaving preferred activities
- ☐ Screen time ending
- ☐ Homework
- ☐ Restaurants/public outings
- ☐ Sibling conflict
- ☐ Following directions
- ☐ Independence

Use this checklist to identify your biggest parenting challenge and the moments when your family may need the most support.

Understanding where challenges happen is the first step toward creating a calmer home.



My biggest parenting challenge right now is:

Step 2: Find the Pattern

Discover when challenging moments are most likely to happen and identify patterns that can help you better understand your child's behavior.

When does the behavior happen most often?

- ☐ When my child hears “no”
- ☐ When something fun ends
- ☐ When asked to do something
- ☐ When waiting
- ☐ When attention is unavailable
- ☐ When routines change
- ☐ When tired/hungry
- ☐ In loud or busy environments
- ☐ During transitions



Looking at your answers above, what situations or routines seem to be the most challenging for your child?

What Happens Before?

(Antecedent Assessment)

Look at what happens right before challenging moments. Understanding what comes before a behavior can help you identify patterns and create more effective strategies.

Right before the behavior happens:

- ☐ I gave a direction
- ☐ I removed something
- ☐ I was busy
- ☐ Another child had attention
- ☐ Something unexpected happened
- ☐ A demand was placed
- ☐ A preferred activity ended



BCBA Tip:

The moments before a behavior often give us important information about why it is happening.

What Happens After?

Explore what happens after challenging moments. These patterns can provide important clues about why a behavior continues and what support your child may need next.

After the behavior, my child usually:

- ☐ Gets more attention
- ☐ Gets comfort
- ☐ Gets more time
- ☐ Gets the item/activity back
- ☐ Avoids something difficult
- ☐ Leaves the situation
- ☐ Gets help from an adult



Parent Tip:

This is not about blame. It helps us understand what your child may need to learn next.

What Your Answers May Mean

After completing your assessment, look for the patterns that appeared most often.

If your child struggles when something ends or changes:
Your child may need support with transitions and flexibility.

You may notice:

- ☐ Difficulty stopping preferred activities
- ☐ Challenges leaving places
- ☐ Big reactions when plans change

Skills to build:

- ✓ Preparing for transitions
- ✓ Practicing flexibility
- ✓ Learning what to do when plans change

If your child struggles when they cannot have something:
Your child may need support communicating and coping.



What Your Answers May Mean (cont.)

You may notice:

- ☐ Repeated requests
- ☐ Difficulty accepting “not right now”
- ☐ Big emotions when told “no”

Skills to build:

- ✓ Asking for help
- ✓ Waiting
- ✓ Accepting alternatives

If your child struggles when asked to do something:

Your child may need support with independence and expectations.



You may notice:

- ☐ Difficulty starting routines
- ☐ Avoiding challenging tasks
- ☐ Needing frequent reminders

Skills to build:

- ✓ Following directions
- ✓ Completing routines step-by-step
- ✓ Asking for help when needed

Skills Checklist

Sometimes behavior happens because a child is still learning a skill.

My child can:

- ☐ Ask for help
- ☐ Wait
- ☐ Accept “not right now”
- ☐ Handle losing
- ☐ Transition independently
- ☐ Follow multi-step directions
- ☐ Problem solve
- ☐ Express emotions
- ☐ Complete routines independently

Identify skills your child may still be developing. Building these skills can help create smoother routines, improve communication, and support more successful moments throughout the day.



Skills to practice:



Every moment is an
opportunity to change
your perspective.

Your Calm Home Plan

ONE BEHAVIOR
WE WANT TO
UNDERSTAND:

WHEN DOES IT
HAPPEN?

WHAT
HAPPENS
RIGHT BEFORE?

WHAT SKILL
COULD WE
TEACH
INSTEAD?

7-Day Calm Home Challenge

DAY 1:

Notice
patterns

DAY 2:

Give clear
directions

DAY 3:

Praise what
you want
repeated

DAY 4:

Prepare
before
transitions

DAY 5:

Offer choices

DAY 6:

Teach
replacement
skills

DAY 7:

Celebrate
progress

When directions are repeated many times, children may learn they do not need to respond right away. Practice giving clear, simple instructions and allowing time for your child to follow through.

Notes:



When You May Need More Support

Behavior plans work best when they are personalized to your child and family.

At Blue Bolt Pediatric Care, we help families understand the reason behind challenging behaviors and create evidence-based strategies for calmer routines, stronger skills, and more confident parenting.

General parenting strategies can be helpful, but they do not always address why a specific behavior is happening.

Many families come to us after trying:

- ✓ Reward charts
- ✓ Punishments
- ✓ Repeating directions
- ✓ Searching for strategies online



Have faith in yourself.

Client Testimonial



“Emily explained in every day language the impact ADHD/autism has on my child’s perception and therefore behavior.”

“He suddenly became an angel.”

“The strategies have been super helpful. We had an almost meltdown on Tuesday and even [my child’s] therapist was really happy about not only the way I handled it but the way he responded to it!!”

“I now have some new ideas to correct my child’s behaviour, and I believe they will be more effective than what I have been doing (especially avoiding punishment when possible).”

Ready for Your Personalized Calm Home Plan?



Blue Bolt Pediatric Care helps families understand why behavior happens and create evidence-based strategies that fit real life.

ENROLL NOW

Through our private parent coaching programs, families learn:

- ✓ why challenging moments happen
- ✓ what to do before behavior escalates
- ✓ what skills to teach next
- ✓ how to create calmer routines

Book your private consultation

Today is the beginning of the rest of your life.



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