BEHAVIOR DETECTIVE

Behavior & Regulation Plan

A printable guide for noticing patterns and responding with connection and clear boundaries.

Start with curiosity: Behavior can signal a skill a child is still learning, an unmet need, or stress. This tool helps you observe a moment, not label your child.

1 Choose one moment to understand

When and where did it happen?

What happened right before? (transition, demand, noise, conflict, tiredness...)

What did my child DO or SAY? (describe, rather than label)

What happened right after? How did adults respond?

2 What may have made the moment harder?

- [ ] Tired / hungry
- [ ] Sensory overload
- [ ] Unclear directions
- [ ] Unexpected change
- [ ] Big disappointment
- [ ] Stress, worry, or conflict

Other possibility / what my child might need:

Gentle reminder: One tough moment rarely tells the whole story. Look for patterns across time, settings, sleep, and routines.

ONE-WEEK PLAN

Our Regulation Plan

Choose one manageable goal. Small, repeatable changes usually work better than a complicated plan.

1 The skill we are practicing

Instead of focusing only on “stop doing,” I want to teach:

2 Before a hard moment (prevent)

- [ ] Give a transition warning
- [ ] Keep directions short
- [ ] Offer two acceptable choices
- [ ] Build in movement / breaks

Our prevention idea:

3 During a hard moment (co-regulate)

Stay calm → keep everyone safe → name the feeling → hold the limit → offer one next step.

Words I can say: “I see ____. The limit is ____. Let’s ____.”

4 Afterward (repair and practice)

Reconnect first, then talk briefly about what happened and rehearse one alternative. Notice efforts, not perfection.

The next small step we will practice:

5 Check in after one week

What improved, even a little?

What should we adjust or ask for help with?