

# ABR – Chart

## Antecedent – Behavior - Response

<b>Date</b>	<b>Antecedent What happened before?</b>	<b>Behavior What did your child do?</b>	<b>Response How did you respond?</b>

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Antecedent – Behavior - Response

**Reflection: Answer these questions after each tantrum.**

What was your response each time?

Which response worked?

Which response didn't work?

What can you do in the future to prevent this situation from occurring?

What skills can your child learn to prevent them from getting frustrated in this situation again?

Did you use "Soothing Sammy Set" to help your child calm down?

If yes, which sensory object did they choose?

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### How do you help a child calm down instead of tantrum?

Is your patience dwindling and you are at a loss of what to do?

The ABR process will help you decode your child's tantrums after they have calmed down, but what do you do when your child is in "mid-tantrum" phase?

Maybe you have tried everything, but can't calm them down.

That's when [Soothing Sammy](#) can help! The Soothing Sammy Program teaches children how to calm down so that they can and talk about why they are mad!

[Soothing Sammy](#) will teach your child how to **process** their feelings, **identify** their emotions and **problem solve** in a way that is **simple** for them to understand and **easy** for parents to implement.



You can find more information about Sammy and all of the options to purchase at:

[www.jdeducational.com](http://www.jdeducational.com)

