

A-Z of Challenging Behaviour Series

# **E FOR EXCESSIVE REASSURANCE SEEKING – FORMS: POSITIVE BEHAVIOUR SUPPORT**



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## Forms from



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Please note the word 'child' in this guide refers to children of all ages (toddler, preschooler, primary and high school). The information set out in this guide is of a general nature only and not exhaustive on the subject matter. You should consider whether the information is appropriate to the needs of the child you support and your circumstances. This guide should not be used as a diagnostic tool. When implementing any recommendations contained in this guide, exercise independent skill and judgement. If you have any concerns about your child's behaviours, please discuss them with a doctor who can provide guidance and/or a referral to the relevant professional.

# A - Z of Challenging Behaviours Series

## Titles

A for Argumentative

A for Attention-Seeking

B for Biting

C for Cheating

D for Defiant

E for Excessive Reassurance Seeking

E for Excessive Technology Use

F for Flopping

H for Hitting

H for Hyperactivity

I for Impulsivity

K for Kicking

L for Lying

R for Repetitive Questioning

S for School Refusal Behaviour

S for Separation Anxiety

S for Stealing

T for Task Avoidance

The list of titles is being expanded all the time. For the latest, please refer to [www.behaviourhelp.com](http://www.behaviourhelp.com)

# Team Member Chart

Child name \_\_\_\_\_

Recorder name \_\_\_\_\_

Date \_\_\_\_\_

Team member name	Role	Context where they support the child (e.g. home, day centre, school and therapy)

# Child's Profile

Name	Date of birth
Contributor name	Contributor role
Address	Date completed
General health	
Visual skills	
Hearing skills	
Physical skills	
Sensory needs	
Sleep patterns	
Eating and drinking skills	
Communication skills	
Emotional regulation skills	
Social skills	
Learning skills	
Problem-solving skills	
Interests, likes and dislikes	
Major life events the child has experienced	
Describe the child's ERS behaviour	
Other comments	

# Behaviour Data Collection Form

Child name \_\_\_\_\_

Recorder name/s \_\_\_\_\_

Context: \_\_\_\_\_

Describe the behaviour: \_\_\_\_\_

**Procedure:** Document details of the ERS as accurately as possible i.e. estimated start – finish time of ERS, what the child’s ERS is about, where it happens and with whom it happens.

Date and estimated start – finish time of ERS	Details of Incident
	What? Who? Where?
	What? Who? Where?
	What? Who? Where?
	What? Who? Where?
	What? Who? Where?
	What? Who? Where?

Based on the information collected, identify any patterns:

- When is the ERS likely to occur?
- Who is child likely to go to for excessive reassurance?
- Where is the child likely to exhibit ERS?
- What is the child likely to seek ERS for?
- Are there any times of the day when the ERS is:
  - Mild/low
  - Moderate/medium
  - Severe/high

## Antecedent-Behaviour-Consequence Form

Child name \_\_\_\_\_ Date \_\_\_\_\_

Recorder name/s \_\_\_\_\_

During (Activity happening at the time of incident) \_\_\_\_\_

Time started \_\_\_\_\_ Time ended \_\_\_\_\_

Where (Location of incident) \_\_\_\_\_

Who (people involved in incident) \_\_\_\_\_

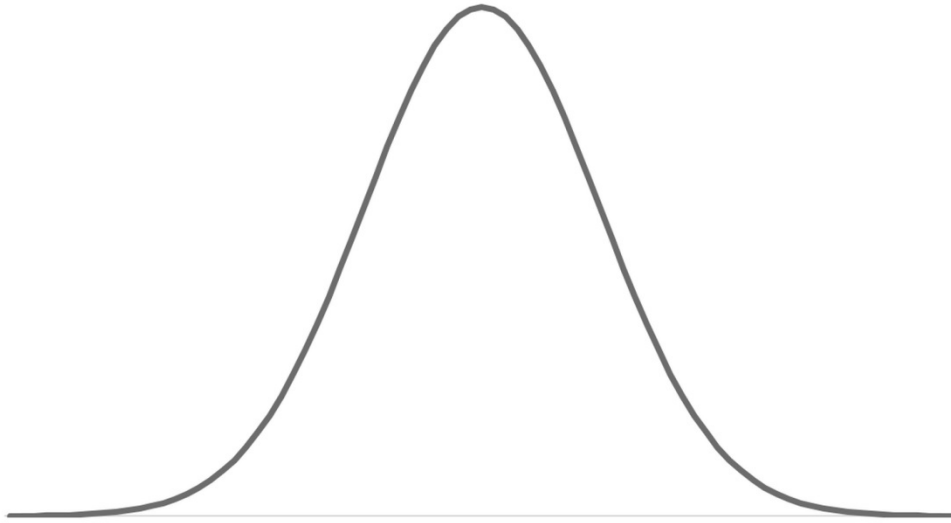
	Antecedent	Behaviour	Consequence	Hypothesised Function
Perceived individual state				
Environment				
Activity				
Adult interaction				
Peer interaction				



# Escalation Stages Form

Child name \_\_\_\_\_ Date \_\_\_\_\_

Recorder name/s \_\_\_\_\_



# Escalation Profile Form

Child name \_\_\_\_\_ Date \_\_\_\_\_

Recorder name/s \_\_\_\_\_

**Calm Stage**

**Mild Escalation Stage**

**Moderate Escalation Stage**

**Extreme Escalation Stage**

**Recovery Stage**

# De-escalation Plan Form

Child name \_\_\_\_\_ Date \_\_\_\_\_

Recorder name/s \_\_\_\_\_

<b>Triggers</b>
<b>Mild Escalation Stage</b>
<b>Moderate Escalation Stage</b>
<b>Extreme Escalation Stage</b>
<b>Recovery Stage</b>

# Prevent Plan Form

Child name \_\_\_\_\_ Date \_\_\_\_\_

Recorder name/s \_\_\_\_\_

Strategies for supportive activities	
Strategies for supportive interactions	
Teach skills	
Strategies for supportive environments	

# ABOUT THE AUTHOR

Hi there,

I am Dolly Bhargava. I have completed a Bachelor of Applied Science in Speech Pathology from the University of Sydney, a Master of Special Education from the University of Newcastle, and Certificate IV in Training and Assessment.

Midway through my career I realised my passion was in supporting children, adolescents and adults with emotional and behavioural difficulties (EBD). So I started working extensively with individuals with EBD in a variety of contexts such as family homes, childcare centres, preschool, schools, respite care, post school options, employment services and corrective services.

I have created this series based on the practical wisdom I have gathered from working with individuals with EBD, their families, educators and professionals over the last 21 years. I hope this guide equips people with the knowledge, skills and tools to help your child learn positive ways of behaving and managing their emotions.

Dolly Bhargava