The practice of monitoring involves the parent or caregiver of a child with behavior problems, attention problems, anxiety or alcohol and drug abuse. Monitoring is the daily watching and recording of a child’s behavior. The purpose of monitoring is to provide information to the therapist about situations in which a child has disruptive behavior. Another reason for monitoring is provide important information about treatment progress.

**How does this practice work?**

- Identify the behavior that will be monitored.
- Define the behavior.
- Decide on how to record behavior.
- Determine when and how often monitoring will occur each day.
- Decide what information about the behavior will be recorded.
- Provide information to the therapist about how anxious or disruptive a child is.

**Example:**

Behavior Identified: Tantrum

Define Tantrum: Crying or yelling lasting at least 5 minutes

Record identified behavior: Create a form and put on clipboard

When and how often?: Morning, noon and night

What information to record?: How often do tantrums occur and how long do they last?

How anxious is your child?: On a scale of 1 to 10, 1 being not anxious and 10 being very anxious