

Caregiver Monitoring



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The practice of monitoring involves the parent or caregiver of a child with behavior problems, attention problems, anxiety or substance use. 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