

Behaviour Detective Sheet

(Printable Worksheet)



SUPPORT • NAVIGATE • THRIVE



Parenting
PANDAS

Become a Behaviour Detective



Instead of asking:

"What behaviour do I need to stop?"

Ask...

"What is my child trying to tell me?"



What happened before?

☐

Transition

☐

Change of routine

☐

Demand placed

☐

Sensory overload

☐

Hunger

☐

Tiredness

☐

Social interaction

☐

Pain

☐

Other:

What did I notice?

☐

Raised voice

☐

Fidgeting

☐

Withdrawal

☐

Crying

☐

Refusing

☐

Running away

☐

Aggression

☐

Silence

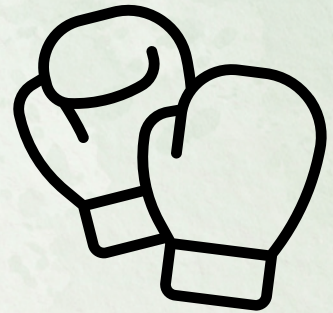
☐

Other:

Which survival response fits best?

☐

Fight

☐

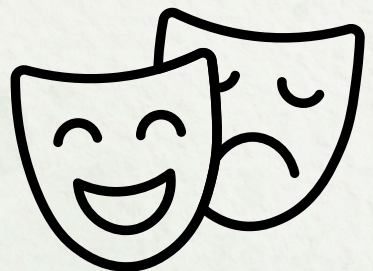
Flight

☐

Freeze

☐

Fawn



What might my child have been feeling?

What helped?

What made things harder?

What can I try next time?

Remember...



Behaviour is information.

Curiosity is more powerful
than judgement.

Connection is more
effective than control.