



Predictive Parenting Parent Toolkit

Supporting Emotional Regulation and Predictable Routines at Home

This toolkit is designed by BEPS Consulting based on Evidence-based practices (EBPs) in behavior and social-emotional management research to help parents implement Predictive Parenting strategies at home. It includes four practical tools — the ABC Log, Trigger Log Worksheet, Calm Kit Checklist, and Script Cards — that support emotional regulation, engagement, and consistency for children with ASD, ADHD, and related learning needs. Placing them in a common family area and consistently taking these journals would allow you

1. Tracking the patterns of your child's behavior and needs at home
2. To identify their triggers and the effective strategies that are working and what not
3. Sharing these journals with the psychoeducational and behavioral professionals to get targeted support if needed.
4. Keeping track of your child's improvement or decline with time.
5. Sharing these resources with other parents.

 ABC Log (Antecedent–Behavior–Consequence)

Use this log to understand what happens before, during, and after a child’s behavior. Recording these patterns helps identify triggers and effective strategies for behavior support.

Date/Time	Antecedent (What happened before?)	Behavior (What did the child do?)	Consequence (What happened after?)
Oct 12, 10:00 AM	Asked to put toys away	Started crying and refused	Parent calmly used 'First–Then' card; child complied

 Tip: Review your log weekly to identify common triggers and successful responses.

Trigger Log Worksheet

The Trigger Log helps you identify what situations, environments, or sensory factors lead to emotional distress or challenging behaviors.

Date/Time	Trigger (What caused the reaction?)	Child's Reaction	How You Responded
Oct 13, Afternoon	Loud vacuum noise	Covered ears, screamed	Turned off the vacuum, offered noise-cancelling headphones

 **Tip:** Over time, note which triggers are predictable and how your responses help reduce anxiety.

Calm Kit Checklist

A Calm Kit provides your child with tools to regulate emotions and sensory needs. Use this checklist to create a personalized kit at home or school.

- ☐ Noise-cancelling headphones
- ☐ Weighted blanket or lap pad
- ☐ Soft toy or textured item
- ☐ Calming visuals (photo book, nature cards)
- ☐ Scented object or lotion
- ☐ Fidget tools
- ☐ Coloring materials or puzzle book
- ☐ Comfort snack or drink

💡 Tip: Keep the Calm Kit in a consistent, easy-to-access location like a calm corner or learning station.

Script Cards (First–Then, Choice Boards)

Script Cards use visual supports to help children understand what will happen next or make simple choices. They reduce anxiety and improve cooperation by making expectations clear.

First–Then Card Template

First:	Then:
Finish homework	Play with favorite toy

Choice Board Template

Option 1	Option 2
Read a book	Do a puzzle
Watch a video	Go for a walk

 Tip: Use visuals (pictures or icons) on cards to support children with minimal speech.