

Autism Learn & Play Inc.

Parent Guide: Creating an Effective Behavior Plan for Your Child With Autism

Why Behavior Plans Matter

Behavior plans help children with autism learn positive skills while reducing challenging behaviors. They are supportive, not punitive.

Step 1: Understand the Behavior

Observe what happens before, during, and after the behavior. Be specific and objective.

Step 2: Identify the Purpose

Behaviors often serve a purpose such as communication, avoidance, attention, or sensory needs.

Step 3: Teach a Replacement Skill

Teach what you want your child to do instead. Replacement skills must be practiced and reinforced.

Step 4: Reinforce Positive Behavior

Use praise, preferred activities, or small rewards immediately after positive behavior.

Step 5: Stay Consistent

Consistency across caregivers and environments is key to success.

Simple Behavior Tracking Sheet

Date	Behavior	Trigger	Response	Outcome
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You are not alone. Small, consistent steps make a big difference. Autism Learn & Play Inc. is here to support your family every step of the way.