

## Maryland School Mental Health Alliance\*

### *Daily Behavior Report Cards: Useful Tools for Helping Your Child Behave in the Classroom Information for Parents and Caregivers*

Is your child acting out at school? Does she or he have trouble following rules, getting along with other kids, or finishing work? While it is important to try to understand what is causing your child to misbehave (see the “Managing Classroom Behavior” handout below), one of the best tools for improving children’s classroom behavior is known as the “**Daily School Behavior Report Card.**” This report allows you and your child’s teacher to work together to monitor and change your child’s problematic behavior.

#### What is the Daily Behavior Report Card?

It is a **quick, easy-to-use way of keeping track of your child’s school behavior and of communicating with your child’s teacher on a regular basis.** The card can help you create realistic behavior goals, stay on top of your child’s progress, establish consequences, and decide whether your approach is working to improve his or her school behavior.

#### How Does it Work?

- Discuss your child’s behavior problems with the teacher; try to understand what the specific problem behaviors are and when they usually happen;
- Ask your child’s teacher if she or he would be willing to work with you in using a “report card” that keeps track of your child’s specific problem behavior;
- Once you agree to using it, your child’s teacher will complete a new card each day, showing how your child performed on specific tasks in the one or two areas that his or her behavior is usually a problem (such as in the classroom, in the hallway, during recess, etc.);
- You and your child (and possibly the teacher) review his or her school behavior each day, and develop a point system (or some other way) of keeping track of the specific behaviors (up to four or five) that you want to change;
- Be very clear and direct about the behavior; staying in seat, keeping hands to self, following directions, completing homework, or remembering to bring completed homework to school are examples of behavior that might be targeted and tracked on a daily behavior report card;
- Decide on a realistic, easy-to-use, method for rewarding your child for positive behavior, such as praise, positive attention, or concrete rewards (television or computer time, staying up later, eating a treat, etc.);
- For an older child, consider using some form of token system, so that he or she can earn or lose points depending on the ratings, and “save” for some special privilege or gift.

#### Helpful Resources/Links

- Creating a Daily Report Card for the Home: [http://ccf.buffalo.edu/pdf/daily\\_report\\_card.pdf](http://ccf.buffalo.edu/pdf/daily_report_card.pdf)
- How to Establish a Daily Report Card:  
[http://www.utmem.edu/pediatrics/general/clinical/behavior/aap\\_nichq\\_adhd\\_toolkit/12HowToEstabSchlHomeDailyRepCa.pdf](http://www.utmem.edu/pediatrics/general/clinical/behavior/aap_nichq_adhd_toolkit/12HowToEstabSchlHomeDailyRepCa.pdf)
- Intervention Central: [www.interventioncentral.org](http://www.interventioncentral.org)
  - The Behavior Reporter: Create Daily and Weekly Behavior Report Cards Online:  
<http://www.jimwrightonline.com/php/tbrc/tbrc.php>

- School-Home Daily Report Card Resource Packet (Center for Children and Families):  
[http://ccf.buffalo.edu/pdf/school\\_daily\\_report\\_card.pdf](http://ccf.buffalo.edu/pdf/school_daily_report_card.pdf)

*\*Developed by the Center for School Mental Health (<http://csmh.umaryland.edu>) in collaboration with the Maryland School Mental Health Alliance.*