



Five Things to Know About

ABA FOR CHILDREN WITH AUTISM

Applied Behavior Analysis (ABA) programs and providers are as varied as the children they serve. But the hallmarks of strong ones are the same. When applied correctly by qualified practitioners, ABA has profoundly improved life for countless children with autism and their families. If you're deciding if it's right for your child, know that ABA is:

EFFECTIVE

Simply put: ABA works. For young children with autism, ABA can improve communication, challenging or dangerous behaviors, safety skills, daily living skills, sleep, food selectivity and refusal, and other areas of life functioning. And the lifelong gains of receiving ABA as a young child are significant.

SUPPORTIVE

ABA reaches beyond just your child. It supports you as a parent and your family in countless ways, like creating a safe environment for your child to learn and play; helping your child connect with you; giving you tools to help your child succeed at home, in school, and in the community; dramatically reducing behaviors like aggression, destruction, or self-harm; and giving you time back to focus on other family members, work, and yourself.

COMPASSIONATE

Safety, respect, dignity, and choice are fundamental to an ABA program. Providers celebrate each child's unique identity and personality and incorporate personal and family goals and preferences throughout treatment. In fact, ABA focuses on evaluating and changing your child's social environment to meet their needs, as opposed to suggesting they are the cause of their challenges.

INDIVIDUALIZED

ABA treatment plans are unique to each child—the opposite of “one size fits all.” Practitioners use industry best practices and guidelines—and the latest in ever-evolving research—to develop treatment strategies around your child's specific strengths and autism-related challenges. Your input, goals, and preferences are included every step of the way.

COLLABORATIVE

ABA practitioners today walk hand-in-hand with families and a child's entire care team, often including other therapists (like speech, physical or occupational therapists), psychiatrists, pediatricians, and teachers. It's a true partnership—one that builds 360-degree support for your child to engage with the world around them.

Visit [TheSpectrum.org](https://www.TheSpectrum.org) for helpful ABA resources and to hear candid conversations between parents of children with autism, autism service providers, BCBAs, and other autism experts.