

For children receiving ABA therapy, hours matter.



Time is precious. The decisions you make at the onset of your child's autism diagnosis could change the trajectory of their life. And when it comes to applied behavior analysis (ABA) as a treatment, there is no doubt—evidence proves early intervention and the number of hours spent weekly in ABA matter.

As time spent in weekly ABA treatment increases, so does children's cognitive functioning—their ability to think, learn, and understand. Like with most things in life, more practice means more progress. Success through ABA is no different. Intensive ABA better prepares children with autism to meet life's challenges.

ABA builds everyday skills like:

- » **Observing and problem solving**, such as learning by watching and responding to new experiences.
- » **Communication**, such as learning what things are called, sharing feelings, and asking for help.
- » **Independence**, such as toileting, teeth brushing, and cooperating with medical care and haircuts.
- » **Participating in home life**, such as engaging with parents and siblings and going on family outings.

“*The recommendation for our three-year-old daughter was 40 hours of ABA a week, but it was 40 hours of her living her life and doing what a typical child would be doing. And the beauty of it—she was learning skills through structured play, and she wasn't doing that outside of ABA at home.*”

Leslie R.
PARENT OF CHILD WITH AUTISM

www.thespectrum.org

An educational initiative brought to you by

CASP The Council of Autism
Service Providers



Children with autism who do not receive intensive ABA **before age 6** are less likely to close development gaps.¹

Autistic kids who receive 30+ hours of ABA weekly— compared to children who receive less than 12 hours—are

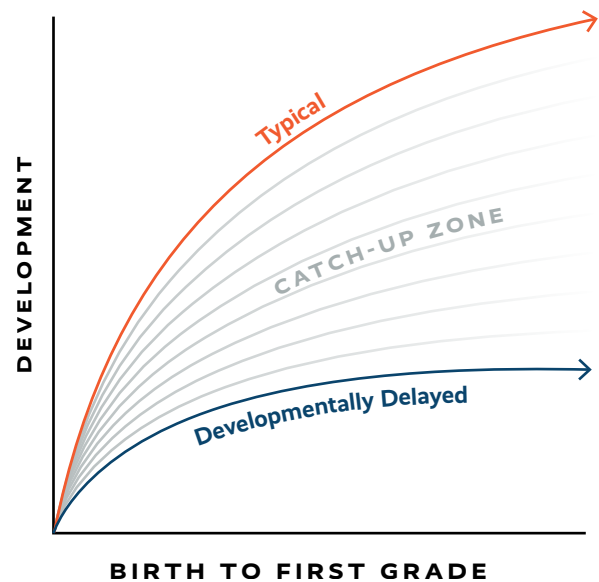


2x more likely to close cognitive & development gaps²



3x more likely to learn everyday skills like toilet training, teeth brushing, or asking for help²

Early Intervention & Autism¹



1. Ramey, C.T. and Ramey, S.L. Early intervention and early experience. American Psychologist, Vol 53(2) 109-120. (Citation for Developmental Phases)

2. Eldevik, S., Strømngren, B., Eikeseth, S., Field, A., Goetz, C. M., & Tittlestad, K. B. (2024). Clinically significant outcomes of early intensive behavioral intervention for children with Autism Spectrum Disorders; An Individual Participant Data Meta-analysis



To explore if ABA is right for your child, 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, and other autism experts.