



PARENT INVOLVEMENT IN ABA

Family Resource

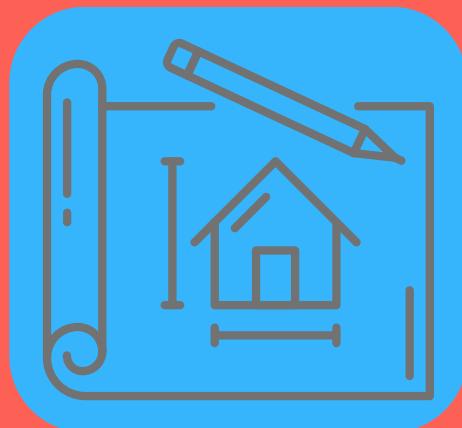
PARTNERING FOR SUCCESS:

Why Your Involvement Matters in Your Child's Learning Journey



We know you love your child and want the best for them. That's why we're working together to help them learn and grow. Your involvement in this process is crucial! This handout explains why your participation in parent training, asking questions, understanding interventions, and consistently implementing strategies at home makes a huge difference.

Think of ABA therapy as building a house for your child's development. We, as behavior analysts, are like the architects. We create the plan - the Behavior Intervention Plan - that outlines the strategies and goals for your child's learning.



But you, as parents, are the builders. You're the ones who lay the foundation and build the walls of this house by using these strategies every day.

Without your active involvement, the house won't be as strong or as successful. It might be missing some walls or have a shaky foundation.

REASONS FOR PARENT INVOLVEMENT IN ABA



Consistency is Key: Your child spends most of their time at home. What they learn in therapy needs to continue at home for it to really stick. When you use the same strategies, you create a smooth learning environment for your child.

Generalizing Skills: We want your child to use their new skills everywhere, not just in the therapy room. Your involvement helps them use these skills in daily life - at the dinner table, at the park, with family, etc

Understanding Your Child's Needs: Parent training helps you understand the "why" behind the interventions. This knowledge empowers you to support your child effectively and advocate for their needs.



Building a Strong Support System: We're a team! Your involvement strengthens the collaboration between us, creating a supportive network for your child.

Increased Progress: Research consistently shows that children make greater progress when their parents are actively involved in their therapy.

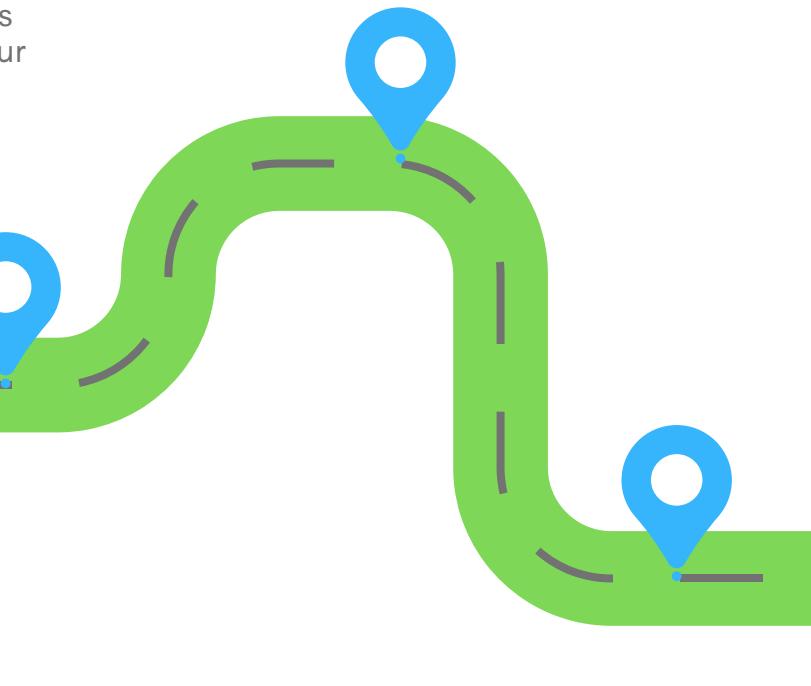
Examples Of Parent Involvement

- Consistently attending all scheduled parent training sessions.
- Asking questions about the purpose and implementation of interventions.
- Practicing the strategies discussed during training at home
- Collecting data on your child's progress at home (if you're asked to).
- Communicating regularly with the behavior analyst about your child's successes and challenges.
- Following the Behavior Intervention Plan as closely as possible.
- Making changes at home to help your child succeed (like setting up a visual schedule).

What Are the Benefits?

- Skill Development: It teaches you specific strategies to support your child's learning and manage their behavior.
- Knowledge Transfer: It helps you understand the principles of ABA and how they apply to your child's situation.
- Problem-Solving: It provides a forum for discussing challenges and developing solutions.
- Emotional Support: It connects you with other parents and professionals who understand your experiences.

Empowerment: It gives you the tools and confidence to advocate for your child's needs.



Outcomes of Parent Training

Active participation in parent training can lead to a variety of positive outcomes for both your child and your family:

- **Improved Child Behavior:** You'll gain skills to reduce challenging behaviors and increase positive behaviors.
- **Increased Skill Acquisition:** Your child will learn new skills more effectively and generalize them to different settings.
- **Enhanced Communication:** You'll learn strategies to improve your child's communication skills and your ability to understand them.
- **Stronger Parent-Child Relationship:** Consistent and positive interactions will strengthen the bond between you and your child.
- **Reduced Family Stress:** Effective behavior management techniques can create a more harmonious and less stressful home environment.
- **Greater Independence:** Your child will develop greater independence in daily living skills.
- **Increased Parental Confidence:** You'll feel more confident in your ability to support your child's growth and development.



Remember: We're in this together! Your involvement is invaluable, and we're here to support you every step of the way. Don't hesitate to reach out with any questions or concerns.

Parent Training Availability and Topic Preferences

Here's what to do:

1. Preferred Parent Training

Frequency: (Please check one)

- Weekly**
- Bi-Weekly (Every 2 weeks)**
- Monthly**

2. Available Days and Times:

Please indicate the days of the week and times you are most likely available for recurring parent training meetings.

- Day of the Week**

- Monday**
■ **Time Range:** _____
 - Tuesday**
■ **Time Range:** _____
 - Wednesday**
■ **Time Range:** _____
 - Thursday**
■ **Time Range:** _____
 - Friday**
■ **Time Range:** _____
 - Saturday**
■ **Time Range:** _____
 - Sunday**
■ **Time Range:** _____

We are committed to working with your schedule to provide effective and relevant parent training. Please indicate your availability and interests

3. Preferred Discussion Topics:

Please check the topics you are most interested in discussing during parent training sessions.

- Understanding Autism Spectrum Disorder (ASD)
- Applied Behavior Analysis (ABA) principles
- Teaching communication skills
- Developing social skills
- Managing challenging behaviors
- Teaching daily living skills
- Implementing ABA at home
- Data collection and progress monitoring
- Advocacy for my child
- School-related issues and ABA
- Other: _____

Please specify:

We will do our best to accommodate your preferences when scheduling parent training sessions and planning session content.

SHORT TERM PARENT GOALS



01

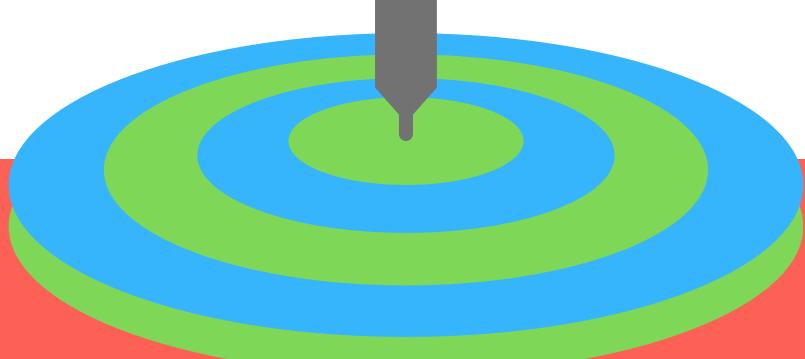
Attendance and Participation: "The parent will attend 100% of scheduled parent training sessions and actively participate by asking at least 2 questions per session across the first 4 sessions".

02

Understanding ABA Principles: "The parent will accurately describe the basic principles of ABA (e.g., reinforcement, prompting) with 80% accuracy, as assessed by the behavior analyst, within the first 2 weeks of training".

03

Home Implementation: "The parent will identify and implement at least 1 ABA strategy at home, as instructed by the behavior analyst, in 75% of identified opportunities across the first week, and accurately record data".



LONG TERM PARENT GOALS



- 01**
Consistent Implementation and Generalization: "The parent will consistently implement ABA strategies across multiple home routines in 80% of opportunities across 4 weeks and report on generalization of skills".
- 02**
Data Collection and Communication: "The parent will consistently collect data on their child's progress at home and communicate successes and challenges to the behavior analyst at least 80% of the time across the service period".
- 03**
Problem-Solving and Advocacy: "The parent will actively participate in problem-solving discussions with the ABA team and demonstrate increased confidence in advocating for their child's needs, as rated by the behavior analyst (e.g., using a rating scale), with an average increase of 20% across 3 months".