

Growing Together

ABA Strategies
for Family Services
Series



Anderson
Early Learning
Academy

**Understanding Applied
Behavior Analysis**

Understanding ABA

Applied Behavior Analysis (ABA) focuses on evaluating, establishing, and adjusting behavior to enhance socially significant behavior (language, social skills, academic skills, toileting skills, play skills) and to minimize challenging behaviors. ABA incorporates evidence-based techniques, such as positive reinforcement that highlights how environmental changes can result in meaningful behavior changes.

Why Choose ABA?

It's a proven method for helping modify behaviors. It teaches alternative actions to replace challenging behaviors and uses positive reinforcement to encourage positive changes. Additionally, ABA breaks down complex skills into smaller, achievable steps, making it easier for individuals to learn and improve their behavior.

What is a Behavior?

Behavior is everything we say and do. It's important to recognize that challenging behaviors can stem from various factors, including communication challenges, emotional dysregulation, sensory sensitivities, attention challenges, and normal developmental stages.

Understanding the ABC's of Behavior

Setting Events: Environmental factors that may increase the likelihood of challenging behaviors occurring.

Antecedents are immediate triggers that precede the behavior.

Behaviors are the actions (These are the things your child did, not the emotions behind it).

Consequences are immediate factors that occur as a result of the behavior, influencing its future occurrence.



Identifying the function of behavior helps tailor interventions.
Functions include escape, access to tangible items or activities, attention-seeking, and sensory stimulation.



Empowering Caregivers

Understanding your child's behavior empowers you to respond effectively. By recognizing the function of behavior, parents can:



Stop : Prevent undesired outcomes by inadvertently reinforcing the challenging behavior (attention, escaping demand, etc.).



Start : Provide access to desired outcomes when positive behavior occurs



Begin : Teach alternative ways for your child to achieve the same goals.

Using Reinforcement: Reinforcement increases desired behaviors. It can include favorite snacks, privileges, praise, or attention.

Reinforcement is not giving in to demands but encouraging positive behaviors.

Behavior is Communication

Challenging behaviors often signal unmet needs or communication attempts. Understanding the function of behavior helps decode these messages. By understanding behavior and utilizing ABA strategies, parents can support their child's development effectively, fostering positive behaviors and teaching essential skills. Remember, behavior does not define your child, but rather communicates their needs and desires.



Anderson Early Learning Academy

Anderson Early Learning Academy (AELA) is a NYS approved 4410 program that provides children ages 3-5 years of age opportunities to learn in an environment that is developmentally appropriate and teaches the skills needed to be successful in kindergarten

Anderson Early Learning Academy
www.AndersonEarlyLearningAcademy.org



CONTACT US:

Dan Rounds MS Ed, SBL : Director of Early Childhood Education
DRounds@AndersonCares.org

Shanna Kangas, BCBA : AELA Preschool Coordinator
SKangas@AndersonCares.org

Meredith Wait, BCBA : AELA Behavior Analyst
MWait@AndersonCares.org