

# **HOW CAN I BEST PREPARE FOR ABA THERAPIST IN MY HOME**

**AUTISM  
FRIENDLY  
GUIDE**



**NEBRASKA  
BEHAVIOR  
SUPPORTS**

# *How can I best prepare for ABA therapist in my home*

Applied Behavior Analysis (ABA) therapy is a widely recognized and effective treatment for individuals with autism spectrum disorder. If you've decided to bring an ABA therapist into your home to work with your child, there are a few steps you can take to ensure the therapy is as successful as possible.



## *How can I best prepare for ABA therapist in my home*

# #1

## *Create a dedicated space for therapy*

It's important to have a specific area in your home where therapy can take place. This can be a spare room, a corner of a room, or even a designated area in your child's bedroom. The space should be free of distractions and clutter, and should be equipped with any materials or tools the therapist will need.



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### **#2**

## ***Communicate with the therapist***



Before the therapist arrives, it's a good idea to have a conversation with them about your child's needs, your child's strengths, and goals for therapy. This will help the therapist tailor their approach to your child's individual needs and will also allow you to better understand the therapy process. You should also discuss any concerns or questions you have about the therapy and make sure the therapist has all the information they need to work effectively with your child.



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### **#3**

## ***Set up a schedule***

ABA therapy can be intense and can take place multiple times a week, so it's important to establish a schedule that works for both you and the therapist. Be sure to factor in any other commitments you or your child may have, and try to be as consistent as possible with the schedule to ensure the therapy is most effective.



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## **#4**

### *Establish clear rules and expectations*

Communicating about rules and expectations in your household to all members of your team is an important step. This can help ensure a positive and productive therapy environment.



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# #5

## *Prepare for therapy sessions*

To make the most of therapy sessions, it's a good idea to have your child's favorite toys and activities on hand. This will help keep your child engaged and motivated during therapy. As much as possible, try to minimize distractions during therapy sessions.



## AUTISM FRIENDLY GUIDE

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By following these steps, you can help ensure that ABA therapy is as successful as possible in your home. With a little preparation and communication, you can create a positive and supportive environment that will help your child make the most of their therapy.





***A smile  
with every  
step forward.***



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