

# Applied Behavior Analysis (ABA) Early Intervention Program In the Autism Center

**Applied Behavioral Analysis (ABA):** Uses techniques to increase positive behaviors and reduce those that cause harm or affect learning.

## What is the ABA Early Intervention Program?

This 12-week, day program provides intensive behavior therapy to young children with autism. The strategies we use and teach help increase positive behaviors or skills, such as communication, and decrease negative behaviors, such as tantrums.

## What are the goals of the program?

- Assess learning needs
- Develop learning readiness skills and independence
- Provide family and caregiver support and education
- Provide individual treatment to address basic skill areas like communication, play, self-help and social

## Who will be on my child's treatment team?

Your child will be treated by a team of healthcare providers, including a psychologist, behavioral therapist, speech and language pathologist, therapy assistants and a family advocate.

## Daily schedule

There are two sessions: 9 a.m. to noon, and 1 p.m. to 4 p.m. We will let you know which session you are in. Below is the daily schedule.

Morning	Afternoon	Activity
9-9:30	1-1:30	Drop-off and free playtime
9:30-9:35	1:30-1:35	Opening circle
9:35-9:50	1:35-1:50	Snack
9:50-10:40	1:50-2:40	Teaching
10:40-11:05	2:40-3:05	Recess
11:05-11:20	3:05-3:20	Group
11:20-11:50	3:20-3:50	Teaching
11:50-12	3:50-4	Closing circle and pick-up

1 of 4

### To Learn More

- ABA Early Intervention Program  
206-987-4707
- Ask your child's healthcare provider
- [seattlechildrens.org](http://seattlechildrens.org)

### Free Interpreter Services

- In the clinic, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.



### What is my role?

**Each week**, you will attend a Parent Education Group **and** either a Parent Educator Meeting or Classroom Training Session (these are on alternate weeks). You also will attend meetings with our family advocate.

---

### Parent Education Group

You will meet in a group with other parents for 1 hour. We will provide information and training on several topics about having a child with autism. Here are some examples:

- Pivotal Response Training: Strategies to develop communication, language and positive social behaviors using play and common routines
  - Strategies for decreasing challenging behavior
  - How to understand the services your child may receive outside of our program, like Birth to Three and public school services
- 

### Parent Educator Meeting

We will assign you a parent educator. You will meet with them for 1 hour on the weeks you do not have a Classroom Training Session.

The topics depend on the needs of your child and family. They will help you make progress on your parent/caregiver goals. For example, we may review topics from the Parent Education Group or go over strategies to support your child's learning and behavior.

---

### Classroom Training Sessions

You will observe your child for 1 hour during a specific time on the weeks you do not have a Parent Educator Meeting. You will sign up for Classroom Training Sessions with your parent educator.

During these sessions, you will see staff using strategies that support positive behavior, teach new skills and encourage communication. Here are some **important things to remember**:

- Feel free to **ask the therapist questions**. Here are some questions to ask:
  - What skill are you teaching in this activity?
  - Can you explain how you will teach that skill?
  - Can I practice teaching that skill?
- **You may see challenging behavior from your child**. If your child has a behavior support plan, review the plan before you observe. Ask us if you have questions about the plan. If the behavior is from your child:
  - Remain calm and neutral
  - Follow your behavior support plan
  - Ask staff if you don't know what to do
  - Ask staff to explain what they are doing
- **You may see challenging behavior from another child**. It's important to:
  - Remain calm and neutral
  - Not intervene
  - Ask staff if you don't know what to do
  - Follow staff instructions

### Family Advocate Meeting

Our family advocate will meet with you often to make sure your child has the services they need outside of our program.

The family advocate can help you request an evaluation of your child by the public school district, complete paperwork for the Developmental Disabilities Administration or understand insurance benefits for autism services.

---

### Scheduling and insurance

After your assessment, we will send your child’s treatment plan to insurance for authorization. Authorization takes several weeks.

Once we get authorization, we will contact you with a start date and assigned session (morning or afternoon). We will try to accommodate the session time you prefer.

---

### What to bring

#### Each day

- Backpack or bag
- Clothes that are weather-appropriate and OK to get messy
- Snack and drink. If your child has a food allergy, please let us know and make sure they bring food they can eat.

#### To leave at the center

- Full set of extra clothes (pants/shorts, T-shirt/sweatshirt, underwear, socks, etc.)
  - Extra diapers and wipes (if applicable). We will let you know when we run low for your child.
- 

### Drop-off and pick-up

#### Drop-off

- Bring your child to the Early Intervention Waiting Area.
- We will open the doors right at 9 a.m. or 1 p.m. (depending on the session your child is in).
- Please wait until we come to get your child.

#### Pick-up

- Wait outside until we bring your child out to the waiting area.
  - We will give a “Daily Child Record.” This form gives you basic information about your child’s day.
- 

### Absences

If your child cannot make it to a session, call 206-987-8080.

---

### Diaper changes and bathroom visits

If your child is not toilet-trained, staff will change your child’s diaper in the changing room next to the classroom. For children who are toilet-trained, staff will go with them to the bathroom.

---

**If your child gets sick or needs medical care**

If your child gets sick, we will contact you to pick them up. If they have a medical emergency, we will seek emergency treatment. This may include first aid and CPR by qualified staff.

If we cannot reach you, we will call 911 and ride with your child in the ambulance to Seattle Children's Emergency Department. We will stay with them until you arrive. Emergency medical care, including riding in an ambulance, will be billed to you/your insurance.