



Understanding ABA Therapy: A Parent's Guide

Applied Behavior Analysis (ABA) is a science-based approach to understanding and improving behavior. This guide breaks down ABA in a way that's easy to understand and highlights how it can support your child's unique growth.



What Is ABA Therapy?

ABA uses positive reinforcement to teach helpful behaviors and reduce those that may interfere with learning. It's highly individualized and can be used in schools, homes, or clinics.



How Does ABA Work?

Therapists observe your child's behavior, set goals, and design fun, repetitive activities to help your child learn skills. Each small success is rewarded to encourage progress.



What Does ABA Look Like at Home?

At home, ABA might involve simple routines like teaching how to ask for help, take turns, or follow instructions using gentle encouragement and praise.



Your Role as a Parent

You are a key part of your child's therapy team. ABA works best when parents practice the strategies consistently at home and stay in communication with the therapist.



Why ABA Is So Effective

ABA has decades of research showing how it helps children improve communication, focus, self-care, and learning. It builds skills that support independence and confidence.

✨ Remember, ABA is about celebrating progress and helping your child thrive. Ask questions, stay involved, and know that every small step forward is a victory.

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