



Parent Guide: What to Expect During the First 30 Days of ABA Treatment

1. What to Expect from ABA Treatment

Applied Behavior Analysis (ABA) therapy is an evidence-based approach designed to improve communication, social skills, and independence. During the first month, your child's BCBA will complete assessments, observe natural behaviors, and develop a tailored plan. Sessions may feel structured but are designed to be engaging and fun.

2. How Parents Can Get Involved

Your participation is key to success. Observe sessions, ask questions, and practice learned strategies at home. Consistency between home and therapy sessions accelerates progress and helps your child thrive.

3. Building Rapport and Trust

The first few weeks emphasize relationship-building. Therapists spend time learning what motivates and comforts your child. Encourage participation, remain positive, and celebrate every success—no matter how small.

4. What to Do During the First 30 Days

- Attend parent training and check-ins.
- Keep notes about daily progress or concerns.
- Maintain consistent therapy schedules.
- Reinforce skills through play and praise.
- Communicate openly with your BCBA.
- Celebrate milestones together as a family.

5. Looking Ahead

After the first 30 days, your BCBA will review progress and adjust goals. ABA is a collaborative, evolving process. Continued communication and consistency will help your child reach their fullest potential.

Thank you for partnering with ASAP ABA in your child's journey toward growth and independence.