WHAT IS ABA?

A break down of Applied Behavior Analysis

How does it work?

Applied Behavior Analysis is an evidence based science used to help understand human behavior and why those behaviors occur.

Behavior Analysts use research based strategies to observe the environment and how it influences behaviors.

Reinforcement is used immediately after behaviors that are desired to increase the likelihood of that occurring again in the future.
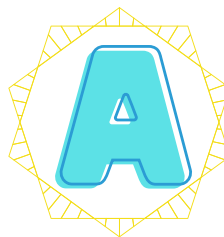
Based on the function of the behavior, we can teach an appropriate and positive alternative!

The ABC's

ABA focuses on behaviors that are observable, rather than what people are thinking or feeling. We can analyze behaviors using ABC data. With more ABC data, there are more examples of patterns that can be observed and give a better idea of what the function of the behavior may be.

A

Antecedent - What occurs in the environment directly <u>before</u> the behavior

B

Behavior - What the behavior of interest looks like

C

Consequence - What occurs in the environment directly <u>after</u> the behavior
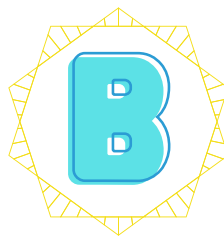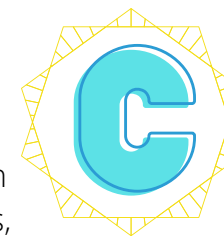
What ABA can work on:

- **Communication Skills** - vocal speech, speech devices, gestures, requesting, describing things, socializing
- **Motor Skills** - walking, imitation skills, using utensils, handwriting
- **Functional Skills-** potty training, hygiene routines, cooking, dressing, eating
- **Academic Skills-** beginning academic skills to help with later skills (i.e. letter/picture identification)
- **Social Skills-** sharing, playing, social situations

Connections
Behavior Planning & Intervention

For more information go to:
connections-behavior.com