



# Applied Behavior and Learning Consultants

## Why ABA?

ABA is a set of scientific principles that form the basis of treatments for behavior problems and learning.

ABA applies behavior treatments to increase useful and desirable behaviors, and to decrease behaviors that interfere with learning or the individual's ability to interact with their natural environment.

ABA is considered the “gold standard” of treatment for individuals with autism. ABA is also beneficial for individuals with other developmental disabilities, as well as to typically developing children.

ABA utilizes a technique known as “positive reinforcement” – this is based on the principle that when a behavior is followed by or paired with something enjoyable, that behavior is more likely to be repeated.

ABA does not have any age limit. It is effective for very young children, as well as older children, teenagers and adults.

ABA is more effective the sooner you start. Research shows that for children with autism, early intervention is key.

ABA can address many areas including: learning, behavior, communication and daily living skills. Leisure, play and social skills are also addressed and increased using ABA procedures.

All individuals have the potential to learn and make progress. That progress may look different for everyone and a benefit of ABA focuses on individual progress.

Ask how your child could benefit from ABA services.

**[www.appliedbehaviorlearning.com](http://www.appliedbehaviorlearning.com)**