

ABA Checklist for Parents



**“A practical guide to getting started
with Applied Behavior Analysis therapy.”**



**“Brought to you by The
Outcomes ABA”**



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Introduction to ABA Therapy

- Applied Behavior Analysis (ABA) is a science-based therapy.
- Focuses on improving behavior by understanding environmental influences.
- Uses positive reinforcement to encourage desirable behaviors.
- Aims to reduce challenging or harmful behaviors.
- Breaks down complex skills into smaller, teachable steps.
- Helps children learn more effectively and consistently.
- Especially beneficial for children with autism and developmental delays.
- Promotes meaningful behavioral improvements and skill development.





WHY ABA IS IMPORTANT

- Provides parents with essential tools and strategies to manage behaviors and support development.
- Teaches parents ABA techniques to:
 - Reinforce positive behaviors
 - Reduce problem behaviors
 - Enhance communication and social skills
- Helps children make progress and strengthens the parent-child relationship.
- Empowers parents to be active participants in their child's therapy.
- Ensures consistent support at home, which is crucial for a child's development.
- Leads to significant improvements in the child's overall well-being.
- Gives parents confidence and skills to support their child's growth.
- Makes everyday interactions more rewarding and manageable.








DAILY BEHAVIOUR CHECKLIST

A daily behavior checklist is an essential tool for parents and caregivers of children with autism or other developmental needs. It helps track progress, reinforce positive behaviors, and identify areas needing support. The checklist can include communication skills like using new words, social skills such as sharing and taking turns, self-care tasks like dressing independently, academic activities like completing homework, and sensory or motor skills like tolerating different textures. By consistently monitoring these behaviors, parents can provide targeted reinforcement and support, ensuring their child's development stays on track. This tool also aids in communication with ABA therapists, allowing for adjustments to therapy plans based on observed progress.



Behavior/Skill	Morning	Afternoon	Evening
 Young Children (Ages 3-6)			
Uses at least 3 new words	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Shares toys with siblings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Brushes teeth independently	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Follows simple instructions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Engages in play without frustration	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Uses the restroom independently	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eats meals with minimal assistance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 School-Aged Children (Ages 7-12)			
Completes morning routine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Engages in conversation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Completes homework without prompting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Participates in classroom activities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Completes chores	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Behavior/Skill	Morning	Aforning	Evening
 Adolescents (Ages 13–18)			
Completes morning routine	<input type="checkbox"/>		<input type="checkbox"/>
Engages in social interactions	<input type="checkbox"/>		<input type="checkbox"/>
Manages time effectively	<input type="checkbox"/>		<input type="checkbox"/>
Demonstrates responsibility	<input type="checkbox"/>		<input type="checkbox"/>
Uses appropriate coping strategies	<input type="checkbox"/>		<input type="checkbox"/>
Participates in extracurricular activities	<input type="checkbox"/>		<input type="checkbox"/>
Practices self-care	<input type="checkbox"/>		<input type="checkbox"/>
Engages in healthy habits	<input type="checkbox"/>		<input type="checkbox"/>





POSITIVE INFORCEMENT

Positive reinforcement is a powerful strategy to encourage desirable behaviors in children. Here are some tips for effective implementation:

1. **Be Specific and Immediate:** Clearly state what the child did well, such as "Great job sharing your toys!" Provide reinforcement right away so the child understands the connection between their behavior and the reward.
2. **Use a Variety of Reinforcers:** Mix up verbal praise, tangible rewards like stickers, and privileges like choosing a special activity. Tailor rewards to what your child values most.
3. **Catch Them Being Good:** Actively look for opportunities to praise positive behaviors, not just correct mistakes. This helps build confidence and encourages more good behavior.
4. **Be Consistent:** Reinforce the same behaviors consistently to help your child understand expectations. Consistency also makes the reinforcement more meaningful.
5. **Gradually Fade Reinforcement:** As behaviors become more consistent, gradually reduce the frequency of rewards. This helps the child internalize the behavior and makes the reinforcement more impactful.

By using positive reinforcement effectively, you can help your child develop good habits and feel more confident in their abilities.

COMMUNICATION SKILL TRACKER

A communication skills tracker is a valuable tool to monitor and support the development of communication abilities in children with autism or other developmental needs. Here’s a sample tracker to help you get started:

Communication Skills Tracker

Skill	Morning	Afternoon	Evening	Notes
Uses at least 3 new words or phrases	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Engages in conversation with family members	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Asks for help when needed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Responds to simple questions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Uses gestures or signs to communicate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Follows simple instructions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Uses appropriate tone and volume	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Engages in storytelling or sharing experiences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Communication Skills

Skill	Monday	Tuesday	Wednesday	Thursday	Friday	Notes
Uses at least 5 new words or phrases	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Engages in conversation with peers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Asks for help independently	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Responds to questions with complete sentences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Uses gestures or signs effectively	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Follows multi-step instructions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Uses appropriate tone and volume in different settings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Engages in storytelling or sharing experiences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	



HOME ROUTINE CHECKLIST

Introduction to Communication Skills Tracker

A communication skills tracker is a valuable tool to monitor and support the development of communication abilities in children with autism or other developmental needs. Here's a sample tracker to help you get started:

| Communication Skills Tracker

| Daily Communication Skills

Skill	Morning	Afternoon	Evening
Uses at least 3 new words or phrases	<input type="checkbox"/>	<input type="checkbox"/>	
Engages in conversation with family members	<input type="checkbox"/>	<input type="checkbox"/>	
Asks for help when needed	<input type="checkbox"/>	<input type="checkbox"/>	
Responds to simple questions	<input type="checkbox"/>	<input type="checkbox"/>	
Uses gestures or signs to communicate	<input type="checkbox"/>	<input type="checkbox"/>	
Follows simple instructions	<input type="checkbox"/>	<input type="checkbox"/>	
Uses appropriate tone and volume	<input type="checkbox"/>	<input type="checkbox"/>	
Engages in storytelling or sharing experiences	<input type="checkbox"/>	<input type="checkbox"/>	

Sample Daily Behavior Checklist for School-Aged Children (Ages 7-12)

Behavior/Skill	Morning	Afternoon	Evening
Completes morning routine (e.g. getting dressed, making bed)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Engages in conversation with family members	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Completes homework without prompting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Participates in classroom activities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Uses appropriate coping strategies when upset	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Completes chores (e.g. cleaning room, setting table)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Practices self-care (e.g. grooming, hygiene)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Sample Daily Behavior Checklist for Adolescents (Ages 13-18)

Behavior/Skill	Morning	Afternoon	Evening
Completes morning routine independently	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Engages in social interactions (e.g. talking with friends, participating in group activities)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Manages time effectively (e.g. completing homework, meeting deadlines)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Demonstrates responsibility (e.g. completing chores, taking care	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

COMMON CHALLENGES AND SOLUTIONS



- **Common Communication Challenges in Children**
 - Limited vocabulary
 - Difficulty initiating conversations
 - Struggles with non-verbal cues
 - Trouble following instructions
 - Limited social interaction
- **Strategies to Address Communication Challenges**
 - **Expand Vocabulary**
 - Use reading activities to introduce new words
 - Employ flashcards for vocabulary building
 - **Encourage Conversation**
 - Use role-playing to simulate social interactions
 - Utilize scripting to guide conversations
 - **Model Non-Verbal Cues**
 - Demonstrate non-verbal cues with visual aids
 - Provide examples of facial expressions and body language
 - **Simplify Instructions**
 - Break down complex instructions into simpler steps
 - Use repetition to reinforce understanding
 - **Support Social Skills**
 - Organize structured playdates with peers
 - Use social stories to explain social scenarios
 - **Consistent Practice**
 - Regularly practice communication skills
 - Provide opportunities for interaction in various settings
 - **Positive Reinforcement**
 - Praise and reward progress in communication
 - Encourage and motivate through positive feedback



NOTES AND OBSERVATION

- **Importance of Notes and Observations**
 - Essential for understanding communication progress
 - Guides interventions and strategies
- **What to Observe**
 - Vocabulary use
 - Initiating conversations
 - Non-verbal cues
 - Following instructions
 - Social interactions
- **Example Observations**
 - Use of new words
 - Starting conversations
 - Following multi-step instructions
- **Contextual Details**
 - Setting (e.g., home, school, playground)
 - Time of day

- **Benefits of Documentation**
 - Identifies patterns in communication skills
 - Highlights strengths and areas needing support
- **Collaboration**
 - Share observations with therapists and educators
 - Ensures consistent reinforcement across environments
- **Collaborative Approach**
 - Tailors interventions to individual needs
 - Celebrates achievements in communication development
- **Sample Observation Notes Template**
 - **Date:** [DD/MM/YYYY]
 - **Time:** [HH:MM]
 - **Setting:** [Home/School/Playground]
 - **Vocabulary Use:** [Description]
 - **Initiating Conversations:** [Description]
 - **Non-Verbal Communication:** [Description]
 - **Following Instructions:** [Description]
 - **Social Interactions:** [Description]
 - **Notes:** [Additional comments or observations]

Ready to Take the Next Step?

📞 Ready to Take the Next Step?

Book a Free Consultation with Outcomes ABA

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