

ABA RESULTS NEWSLETTER

JUNE
2026

ABA At Home

THE ILLUSION OF CHOICE

Offering choices is an easy way to help your child *feel* more in control while you still stay in charge.

Instead of: "Put your shoes on!"
Try: "Do you want to wear sneakers or sandals?"

The expectation stays the same, but your child gets to feel included in the process.

This "illusion of choice" can be especially helpful during routines, transitions, and hard tasks, when your child may be more likely to push back.

Try offering two choices you are comfortable with, such as "Do you want to brush teeth before or after pajamas?" or "Should we clean up blocks or cars first?"

These small moments of choice can help your child feel respected, reduce power struggles, and lead to more cooperation throughout the day.



Monthly Parent Tip

SPECIFIC PRAISE

Praise the behavior you want to see more of, even when it feels small. A quick "I love how you used your words" or "thank you for waiting" helps your child understand exactly what they did well and encourages them to do it again.

Donuts With Dads

MONDAY 6/22
9:15 - 9:45 AM

Join us while we celebrate our amazing dads for fathers day! There will be a craft and refreshments available

Closures

JUNETEENTH 6/19

We will be closed in observation of Juneteenth, a holiday that commemorates the emancipation of enslaved African Americans in Texas