

what is an RBT



and how we can help each other!

What is an RBT?

A trained professional who implements behavior intervention and skill-building programs by following an individualized, data-driven treatment plan for each child

Works under the supervision of a Board Certified Behavior Analyst (BCBA)

During ABA sessions

- The RBT is responsible for responding to target behaviors in real time
- Responses may look different from typical classroom management because they are based on a clinical treatment plan – utilizing antecedent and consequence strategies that align with evidence-based research

Teaching Skills

- RBTs focus on teaching replacement skills such as communication, coping, waiting, and self-regulation.
- Sometimes this means allowing the child time to practice skills instead of immediately stopping behavior.
- Rbts collect ongoing data on behaviors, pre-cursor behaviors and skill use.
- Over time, our data guides how and when to respond during sessions

Collaboration - we love it!

RRBTs value collaboration and teamwork and see daycare staff as essential partners in helping children learn and succeed.

- Collaborate with the RBT and share questions or concerns after a behavior has deescalated.
- During challenging behavior, allow the RBT to respond according to the treatment plan unless there is an immediate safety concern.
- Encourage and reinforce skills the child is learning during everyday routines using consistent language.
- After behaviors have de-escalated, acknowledge the child's effort and support a positive return to activities.
- Encourage the child to use skills they are learning (e.g., communication, waiting, asking for help) throughout daily routines.
- Use consistent language or prompts that have been shared by the RBT or BCBA.

When the RBT is not present

GOAL: The child successfully uses their skills with all adults in their environment!

Daycare staff support this by:

- Encouraging the child to use skills learned during ABA
- Reinforcing positive behaviors throughout the day
- Using consistent language or prompts shared by the RBT/BCBA
- Supporting the child in returning to activities after challenges

Our goal is not just to support the child during ABA sessions, but to help them succeed throughout their entire day.