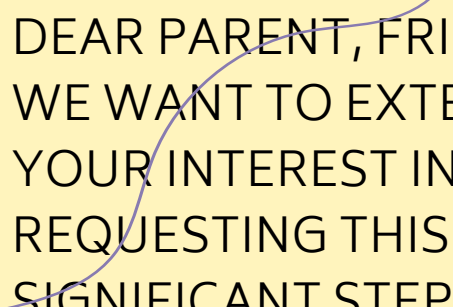


# ABA TERMINOLOGY GUIDE FOR PARENTS: UNLOCKING THE LANGUAGE OF PROGRESS



BEHAVIORAL  
THER HAPPY



DEAR PARENT, FRIEND, OR LOVED ONE,  
WE WANT TO EXTEND OUR HEARTFELT GRATITUDE FOR  
YOUR INTEREST IN OUR ABA TERMINOLOGY GUIDE. BY  
REQUESTING THIS FREE RESOURCE, YOU'RE TAKING A  
SIGNIFICANT STEP TOWARDS EMPOWERMENT AND  
KNOWLEDGE – NOT JUST FOR YOURSELF, BUT FOR THE  
LITTLE SUPERHERO IN YOUR LIFE TOO.

UNDERSTANDING THE LANGUAGE OF APPLIED  
BEHAVIOR ANALYSIS (ABA) IS LIKE HAVING A KEY TO  
UNLOCKING DOORS OF PROGRESS. YOUR COMMITMENT  
TO LEARNING AND EXPLORING THESE TERMS  
SHOWCASES YOUR DEDICATION TO PROVIDING THE  
BEST SUPPORT FOR YOUR CHILD'S JOURNEY OF  
GROWTH.

EMPOWERMENT BEGINS WITH KNOWLEDGE, AND YOUR  
PROACTIVE APPROACH IS AN INSPIRATION TO US ALL.  
AS YOU DELVE INTO THIS GUIDE, WE HOPE YOU'LL FIND  
CLARITY, CONFIDENCE, AND A SENSE OF CAMARADERIE  
WITH OUR MISSION OF FOSTERING PROGRESS AND JOY.  
REMEMBER, YOU'RE NOT ALONE ON THIS JOURNEY.  
WE'RE HERE TO SUPPORT YOU EVERY STEP OF THE  
WAY, AND WE'RE EXCITED TO SEE THE POSITIVE IMPACT  
THIS NEWFOUND KNOWLEDGE WILL HAVE ON YOUR  
CHILD'S DEVELOPMENT.

THANK YOU FOR ALLOWING US TO BE PART OF YOUR  
STORY OF GROWTH AND EMPOWERMENT.

WARMLY,

JAZMYN ARRINGTON, MA, BCBA, LBA





NAVIGATING THE WORLD OF APPLIED BEHAVIOR ANALYSIS (ABA) CAN SOMETIMES FEEL LIKE LEARNING A NEW LANGUAGE. BUT FEAR NOT! WE'VE COMPILED A HANDY GUIDE TO HELP YOU UNDERSTAND THE KEY ABA TERMS AND CONCEPTS THAT PLAY A PIVOTAL ROLE IN YOUR CHILD'S DEVELOPMENT JOURNEY.

- 1. ABA (APPLIED BEHAVIOR ANALYSIS):** A SCIENTIFIC APPROACH THAT FOCUSES ON UNDERSTANDING AND IMPROVING BEHAVIOR THROUGH EVIDENCE-BASED TECHNIQUES AND STRATEGIES.
- 2. ANTECEDENT:** PART OF THE 3 - TERM CONTINGENCY (ABC). THE EVENTS, CUES, OR STIMULI THAT OCCUR BEFORE A BEHAVIOR, INFLUENCING ITS OCCURRENCE.
- 3. BEHAVIOR:** PART OF THE 3 - TERM CONTINGENCY (ABC). AN OBSERVABLE ACTION OR REACTION, SUCH AS SPEAKING, PLAYING, OR RESPONDING TO A REQUEST.
- 4. CONSEQUENCE:** PART OF THE 3 - TERM CONTINGENCY (ABC). THE OUTCOMES OR EVENTS THAT FOLLOW A BEHAVIOR, AFFECTING THE LIKELIHOOD OF THAT BEHAVIOR HAPPENING AGAIN.
- 5. REINFORCEMENT:** THE PROCESS OF STRENGTHENING A BEHAVIOR BY PRESENTING A POSITIVE CONSEQUENCE (REWARD) IMMEDIATELY AFTER THE BEHAVIOR OCCURS.
- 6. POSITIVE REINFORCEMENT:** ADDING SOMETHING POSITIVE (E.G., PRAISE, A TREAT) TO INCREASE THE LIKELIHOOD OF A DESIRED BEHAVIOR.
- 7. NEGATIVE REINFORCEMENT:** REMOVING OR AVOIDING SOMETHING NEGATIVE (E.G., AN UNPLEASANT TASK) TO INCREASE THE LIKELIHOOD OF A BEHAVIOR.

- 8. PUNISHMENT:** A CONSEQUENCE (USUALLY NEGATIVE) TO REDUCE THE LIKELIHOOD OF AN UNWANTED BEHAVIOR.
- 9. TREATMENT PLAN:** A CUSTOMIZED PLAN DESIGNED BY ABA PROFESSIONALS TO TARGET SPECIFIC BEHAVIORS, GOALS, AND INTERVENTIONS FOR A CHILD.
- 10. TARGET BEHAVIOR:** THE SPECIFIC BEHAVIOR THAT IS BEING FOCUSED ON FOR INTERVENTION AND CHANGE.
- 11. PROMPT:** A CUE OR ASSISTANCE PROVIDED TO HELP A CHILD CORRECTLY PERFORM A BEHAVIOR.
- 12. GENERALIZATION:** THE ABILITY TO APPLY LEARNED BEHAVIORS IN VARIOUS SETTINGS AND WITH DIFFERENT PEOPLE.
- 13. DISCRETE TRIAL TRAINING (DTT):** A STRUCTURED TEACHING METHOD IN WHICH SKILLS ARE BROKEN DOWN INTO SMALLER COMPONENTS AND TAUGHT STEP BY STEP.
- 14. NATURAL ENVIRONMENT TEACHING (NET):** TEACHING IN THE CHILD'S NATURAL ENVIRONMENT, USING THEIR INTERESTS AND MOTIVATION TO ENCOURAGE LEARNING.
- 15. FUNCTIONAL COMMUNICATION TRAINING (FCT):** TEACHING ALTERNATIVE WAYS OF COMMUNICATION TO REPLACE CHALLENGING BEHAVIORS.
- 16. EXTINCTION:** A PROCEDURE USED TO REDUCE THE FREQUENCY OF A BEHAVIOR BY WITHHOLDING THE PREVIOUSLY PROVIDED REINFORCEMENT.
- 17. ASSENT:** A FORM OF AGREEMENT OR COOPERATION THAT'S SOUGHT FROM A CHILD OR INDIVIDUAL BEFORE IMPLEMENTING A BEHAVIORAL INTERVENTION.

EXPLORE OUR SOCIALS

