



YOUR FIRST YEAR IN ABA: A SHORT GUIDE FOR PARENTS

What to Expect, How to
Prepare, and Why
Every Step Counts



Introduction — Starting ABA is a Big Step

Choosing ABA (Applied Behavior Analysis) for your child is a courageous and thoughtful decision. It means you're ready to explore ways to support your child's communication, independence, and emotional well-being. But like many parents, you may be wondering: What happens next? When will I see progress? What does the first year really look like?

This short guide is designed to help you feel informed and supported as you begin the journey. While every child is different, most families experience a common rhythm in the first 12 months. What matters most? Patience, consistency, and partnership—with your child, your therapist, and yourself.

A General Timeline – Month by Month

Every child's pace is unique—but here's a broad outline of what many families experience during the first year:

Months 1–2: Getting Started

- Initial assessments and goal-setting
- Therapist builds rapport with your child
- Sessions may feel slow at first—and that's okay

💡 *Don't worry if progress isn't immediate. Trust and comfort come first.*

Months 3–4: Establishing the Routine

- Goals begin to shape daily sessions
- You may notice subtle shifts (eye contact, response to name, calm transitions)
- Parent coaching begins to show results at home

💡 *Consistency at home reinforces therapy.*

Months 5–8: Building Skills

- More noticeable progress in communication, behavior, or play
- Some behaviors may temporarily increase as your child adjusts
- Skills begin to generalize outside sessions

💡 *This is a growth phase—sometimes messy, but full of breakthroughs.*

Months 9–12: Reflection and Readjustment

- Reviewing progress and refining goals
- Transitioning skills into school or other environments
- Growing confidence (in both you and your child)

💡 *Celebrate how far you've come. Year one is just the beginning.*



What Progress Might Look Like Progress in ABA is not always dramatic—but it is meaningful.

Your child may:

- Use more words or gestures to communicate
- Reduce meltdowns or aggressive behavior
- Follow instructions more independently
- Play with others or share more often
- Show improved focus during routines

Remember, progress is personal. Some children make quick gains in one area while taking longer in others. What matters most is that the plan evolves with your child—and that you're supported every step of the way.



Final Thoughts + Support

There's no "typical" ABA journey—but there is support for every parent who starts one. You are not alone in this process.

At Kiwi Kids ABA, we believe in honest conversations, collaborative planning, and celebrating progress—no matter how small. Your child's success is a shared mission.

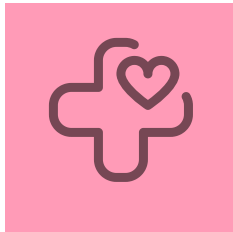
Why Choose StarRise ABA?

Choosing the right ABA therapy provider for your child is an important decision. At StarRise ABA, we are committed to delivering high-quality, personalized care that meets the unique needs of each child and family. Here's what sets us apart:



Personalized Approach

Our personalized ABA therapy programs are designed to address each child's individual needs and goals, ensuring the most effective and compassionate care.



Comprehensive Care

We take a holistic yet comprehensive approach to our ABA services, including individual therapy, social skills training, parent support, and school consultation.



Convenience and Comfort

By providing in-home ABA therapy, you receive professional services in the comfort of your home to help integrate therapy into daily routines for parents and their children.

CONTACT OUR DEDICATED TEAM TODAY

Contact us today to learn more about our services and how we can support your child's development.

hello@starriseaba.com

Monday – Friday, 7 AM – 5 PM



(877) 200-7494

Our team of experienced therapists is dedicated to helping children with autism and other developmental disabilities reach their full potential. We are committed to creating a supportive and nurturing environment where every child can thrive.



Schedule a **Free Consultation** Today!



Monday – Friday, 7 AM – 5 PM

📞 Call: **(877) 200-7494**

✉ Email: **hello@starriseaba.com**

🌐 Website: **www.starriseaba.com**

