

Top 5 Myths About ABA – Debunked

A guide for parents navigating autism
therapy with confidence

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YOU DESERVE THE TRUTH ABOUT ABA

ABA therapy has helped thousands of children thrive, but it's also surrounded by confusion and controversy. As a parent, you deserve clear, compassionate, and evidence-based guidance. In this guide, we break down 5 of the most common myths and give you the facts, so you can decide what's right for your child.



MYTH 1

ABA is “robotic” and turns kids into rule-followers



THE TRUTH:

ABA focuses on meaningful, *individualized goals*—like communication, social skills, and independence. It’s about celebrating small wins, not programming kids to behave like robots.



At StarRise ABA, every plan is built around your child’s strengths, not just their challenges.





MYTH 2

ABA is only for young children



THE TRUTH:

While early intervention is ideal, ABA supports individuals of *all ages*—from toddlers to teens and even adults. Skills like emotional regulation, daily living, and social interaction are important at every stage.



We offer age-appropriate programs tailored to your child's development.



MYTH 3

ABA uses punishment-based techniques



THE TRUTH:

Modern ABA is *compassionate and child-led*. The focus is on positive reinforcement—encouraging good behavior rather than punishing bad behavior.



StarRise ABA adheres strictly to ethical guidelines and uses gentle, respectful methods.





MYTH 4

ABA ignores emotions and focuses only on behavior

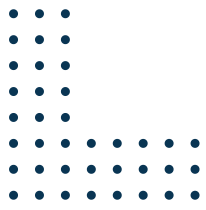


THE TRUTH:

ABA recognizes that behavior is communication. We work to understand the “*why*” behind behaviors, helping children feel heard and supported.



Our therapists incorporate emotional learning and sensory awareness into every session.



MYTH 5

ABA is a one-size-fits-all approach



THE TRUTH:

There is *no standard template for ABA*. Every child's therapy is customized based on their unique goals, environment, and personality.



At StarRise ABA, we work with parents every step of the way to co-create meaningful plans.



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**

