



# CARE CONNECT MONTHLY

Applied Behavioral Analysis News & Updates

May 2022

## ABA Clinically Proven Principles

# DAILY SCHEDULES

APPLIED BEHAVIORAL ANALYSIS (ABA) FOCUSES ON LEARNING TO LEARN BY USING CLINICALLY PROVEN PRINCIPLES AND TEACHING STRATEGIES. THESE TEACHING STRATEGIES FOCUS ON INCREASING SKILLS, SUCH AS PROSOCIAL BEHAVIORS, COPING TOOLS, DAILY LIVING SKILLS, AND COMMUNICATION.

ABA is not designed to “change” an individual, but is designed to bring about engagement through the use of positive, meaningful, and individualized supports.

It is well-known that many children with Autism Spectrum Disorder like to have a consistent routine and predictability in their day. A visual schedule can be used to keep routines and help transition through activities when changes happen to their normal routine. Providing a visual schedule for your child may help them be more grounded in their present moment and prepare for any changes to their day. Like a to-do list, a visual schedule may be created in many ways. It might illustrate the entire day, represent a selected period of time in the day, or show upcoming changes and events. A visual schedule can be with objects, photos, icons, or sight words depending on what would be most meaningful for your child. Providing your child with a visual schedule can make the environment more predictable and allow your child to feel more comfortable, flexible, and independent in their day!

### Using a visual schedule can often work like this:

1. Keep the schedule in a central place and encourage your child to check the schedule.
2. Review the schedule and then select the first picture or event and say it out loud.
3. After they complete the first picture or event, have them take it off the schedule and place the picture in a small box or envelope.
4. Continue these steps for each picture and event on the schedule.

Celebrate with your child for checking their schedule and their independence in their day!



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## Meet Our Team



**BROOKE ALLEN**

Years at Burrell: 1.5

Role at Burrell: Director of ABA

**Favorite Quote:** “A failure is not always a mistake, it may simply be the best one can do under the circumstances. The real mistake is to stop trying.”

**Best Part of Your Job:** The best part of my job is the fact that each and every moment is an opportunity to learn, whether working alongside caregivers, colleagues, or clients.

## Did you know?

### TEAM RECOGNITION

The Burrell Autism Center Director, Dr. Seth Allen, was recently appointed to participate on the Missouri Commission on Autism Spectrum Disorders.

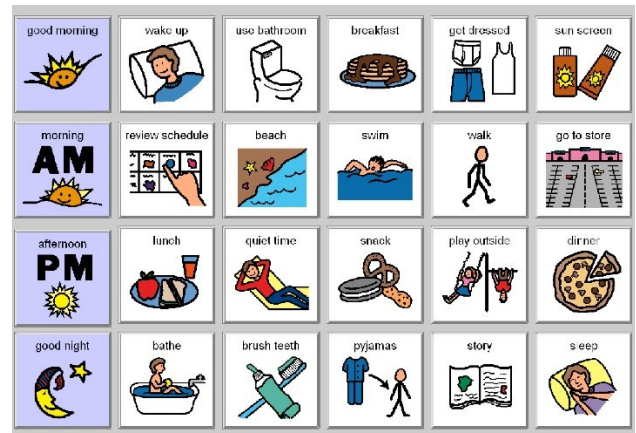


## Monthly Try It

### DAILY SCHEDULE

There are several apps and websites that are perfect for visual schedules!

- GetGoally.com
- Do2Learn.com
- LessonPix.com
- iPromptU
- iReward Chart



## Big Red Safety Box

The Big Red Safety Box is a toolkit for families who are responsible for the care of an individual with Autism. The box includes many safety components including a family emergency plan, first responder profile form, two door/window alarms, along with a MedicAlert bracelet and shoe ID tag. The application can be found on the National Autism Association website under Autism & Safety.

Do you have a sensory friendly activity/event you would like to share?  
If so, reach out to your learner's supervising BCBA!

## Upcoming Events & Reminders

### Upcoming Holidays

Burrell offices will be closed Monday, May 30, for Memorial Day.

### Local Sensory Friendly News

The Sensory Garden at Nathanael Greene Park “is designed to be an enabling, working and teaching garden for all to enjoy and experience through sight, smell, sound, taste and touch... Hints of edible plants and herbs, color displays and moving water are all part of the experience. Some of the barrier free features include raised planting beds and vertical growing spaces; digital information on plants and garden; accessible pathways; a variety of quiet gathering spaces and stimulating experiences.

