

# KNOWLEDGE

## 8 BENEFITS OF ABA THERAPY FOR CHILDREN WITH AUTISM

### WHAT IS ABA?

This kind of therapy isn't only focused on simply discovering behavioral issues; it focuses on teaching new and positive behaviors to use in real-life scenarios. ABA therapy also works to reduce problematic behaviors that might make it more difficult for your child to learn and grow.

### BENEFITS OF ABA

The underlying goal of ABA therapy is to allow your child more independence, and give them the tools and skills they need to succeed as they grow.

1. ABA is an evidence-based approach
2. Gain more independent life skills
3. Improve play and social skills
4. Improve behavior and self-awareness
5. Helps prepare children for the real world
6. Provides a unique, individualized therapy for each child
7. Helps parents and families better understand their child
8. Improves overall life satisfaction

