How does CUBS use Applied Behavior Analysis (ABA)?

Kindering’s evidenced-based ABA program is designed to empower children by expanding a child’s social, cognitive, language, and adaptive skills. Our program focuses on teaching children the skills that will allow them to access the environments and activities that are meaningful to them.

We use data and progress monitoring to guide instruction and develop teaching strategies to meet the individual needs of children and families. Further, Kindering’s clinically trained and licensed ABA providers collaborate with our occupational and speech therapists to ensure that all skills are targeted naturally and within play, as is developmentally appropriate for children under the age of 3.

It’s worth noting that Applied Behavior Analysis (ABA) is the most widely used therapy to support people with Autism Spectrum Disorder (ASD). Since its inception, a broad range of ABA therapies have been practiced across the country, including some practices that are harmful.

Kindering and our CUBS program take a different approach. We embrace neurodiversity and follow the latest science, while listening to the autistic self-advocating community to ensure our practices are as supportive as possible.

In addition to ABA, Kindering offers children with ASD individualized therapies, group classes, and other services to ensure every child we serve receives the services that best fit their needs.

Who is ABA for?

ABA is designed especially for individuals diagnosed with autism or children who may benefit from this form of special instruction.

Who provides ABA Therapy at Kindering?

Kindering has an exceptional team of Certified Behavior Technicians (CBT) who provide individual instruction to support a student’s individual goals. This therapy is supported and monitored by a Board-Certified Behavior Analyst (BCBA), a graduate-level certification.

Kindering is a designated Autism Center of Excellence by the Washington State Healthcare Authority, in part due to the level of professional training of our staff.

What does ABA Therapy include?

At Kindering, ABA includes 1:1 individualized instruction with a Certified Behavior Technician to meet a child’s individualized therapy goals as well as parent coaching, standardized assessments, data collection, and progress monitoring.
What does ABA at Kindering look like?

Each child’s journey is unique at Kindering, something that our community has celebrated for decades. Kindering's approach to ABA is developmentally appropriate, naturalistic, and play-based.

We use positive reinforcement, positive behavior support, and environmental modifications to facilitate behavior change. Kindering celebrates neurodiversity and targets developmental goals that are meaningful to the child and family.

We focus on skills that are used in a child’s daily life, such as communication, understanding directions, playing with others, and participating in daily routines.

How many hours of ABA should my child have per week?

Although some providers in the community have a set number of recommended hours each child should complete each week, Kindering encourages families to seek an amount of therapy that is developmentally appropriate for each young child we serve.

Every autistic child has diverse, individual needs, and more therapy does not always translate to more progress. It is important for a child to be excited to attend therapy and to have fun in order to make progress. Too much therapy can result in regression of skills or lack of progress.