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What a session looks like

Most families are surprised by how much an ABA session looks like play. Here's what to expect, so nothing on day one feels strange.

The short version

- ✓ The first few weeks are mostly about building trust between your child and their technician. That's on purpose.
- ✓ Sessions mix play, short bursts of practice, breaks and everyday routines — wherever the skill needs to work.
- ✓ The technician collects data throughout the session and updates your child's record. Your Board Certified Behavior Analyst visits regularly to supervise and adjust.

That's really all you need. The rest is here whenever you want more.

The first few weeks

First, we build trust

Early sessions focus on **pairing**: the technician spends time doing your child's favorite things, follows their lead, and asks very little. It can look like "just playing." It's actually the foundation for everything else — kids learn best from people they trust and enjoy.

Good to know: it's normal for a child to be shy, upset or unsure at first. Technicians are trained for this. Give it a few sessions, and tell us if it isn't getting easier.

A sample session

From hello to goodbye

Every child's session is different, and the length comes from your child's plan. This is just a picture of how one might flow.

1**ARRIVAL****Hello and check-in**

The technician arrives at the scheduled time and checks in with you for a minute: How was the night? Anything new today? Any change in medicine, sleep or routine?

2**WARM-UP****Play to get going**

A few minutes of something your child loves, to get settled and motivated.

3**LEARNING****Teaching woven into play**

Most teaching happens inside activities your child enjoys — asking for a turn, naming the toy, taking turns, following a direction during a game.

4**PRACTICE****Short, focused bursts**

Quick rounds of practice on specific skills, with lots of encouragement and a break or favorite activity right after.

5**ROUTINES****Real-life skills**

Practice on whatever matters at your house: washing hands, snack time, getting shoes on, waiting, cleaning up, moving from one activity to the next.

6**WRAP-UP****Data and notes**

Before leaving, the technician finishes collecting the session's data and updates your child's record, so your Board Certified Behavior Analyst can see exactly how it went.

What you might notice

Things that can look odd at first — and why we do them



You might see

Lots of praise and rewards

Rewards help new skills take hold. As a skill becomes easy, rewards fade to the everyday kind — a smile, a high five, getting what you asked for.



You might see

The technician writing or tapping

That's live data. It's how your Board Certified Behavior Analyst knows what's working without guessing.



You might see

Help that slowly disappears

At first the technician might guide your child's hand or say the first sound of a word. That help fades on purpose, until your child does it on their own.



You might see

A calm, planned response to hard moments

If your child has a big reaction, the technician follows the behavior plan your Board Certified Behavior Analyst has already talked through with you. You'll never be surprised by a strategy.

Where you fit in

Your part during a session

- ✓ **A parent or another trusted adult needs to be home** for in-home sessions. You don't have to hover — just be nearby.
- ✓ **Jump in when invited.** Watching and trying strategies during sessions is one of the fastest ways to learn them.
- ✓ **A space with fewer distractions helps** for some activities — but your normal, lived-in house is exactly right.
- ✓ **Share the small stuff.** A rough night, a new medicine, a family change — it all helps us read the day.



Your Board Certified Behavior Analyst's visits

Supervision, built in

Your Board Certified Behavior Analyst regularly joins sessions to watch, coach the technician, update programs and answer your questions. Save your questions — that's a great time to ask.

At our Tulsa center, sessions happen in our playrooms, and the team will walk you through drop-off and pick-up. In daycare or community settings, we coordinate with the staff there.