

Getting ready for your child's first ABA session

Take this to any ABA provider you are starting with, including us. You do not need every item. Tick off what applies to your child and bring your questions.

CONFIRM BEFORE DAY ONE

- ☐ Where sessions happen: centre, home, school or online
- ☐ The address, arrival time and where to go when you arrive
- ☐ Your weekly schedule and service hours
- ☐ Any paperwork or consent forms still to sign
- ☐ Who to call if your child is sick or running late

TELL THE TEAM

- ☐ Allergies, medical needs and any medication
- ☐ How your child communicates, including words, signs, pictures or gestures
- ☐ What they love: toys, games, shows, foods and activities
- ☐ What helps them feel calm, and what tends to upset them
- ☐ Recent changes at home or school
- ☐ The goals that matter most to your family right now

WHAT TO BRING

- ☐ Snacks or meals, if your child will be there over a mealtime
- ☐ Diapers, wipes or a change of clothes, if needed
- ☐ A comfort item: a favourite toy, blanket or headphones
- ☐ Their communication tools: picture cards, a device or a schedule
- ☐ Copies of recent reports or learning plans you haven't shared yet

QUESTIONS TO ASK

- ☐ Who will work with my child, and who do I contact with questions?
- ☐ How will you get to know my child in the first few sessions?
- ☐ When will the assessment and first report be ready?
- ☐ How will you share progress with me, and how often?
- ☐ How can I explain this new routine to my child?
- ☐ What can I practise at home, if anything?

Tip: The first sessions are about getting to know your child. It's normal for them to need time to settle into a new place and new people. There is no skill they need to show on day one.

MY NOTES AND QUESTIONS

General information only. Every provider's process is a little different, so check details with your own team.