

Using Technology to Support ABA Assignment

Try It Out

Choose one technology tool (such as a visual schedule app, timer, or reinforcement tracker) to support your child this week. Use it during a routine, transition, or skill-building activity.

What did you try?	When did you use it?	How did your child respond?	What might you change next time?

Choose a Focus

What skill or routine do you want to support with technology? Choose one:

- ☐ Morning routine
- ☐ Bedtime routine
- ☐ Transitions between activities
- ☐ Waiting or turn-taking
- ☐ Task completion (e.g., chores, schoolwork)

Tech-Free Time Planning

Plan at least one tech-free activity you and your child can enjoy together this week.

Here are some examples:

- Go for a walk
- Build with blocks or Legos
- Read a book
- Cook or bake something simple
- Do a puzzle