

# USING TECHNOLOGY TO SUPPORT ABA

## GOAL

To help you effectively use technology as part of your child's ABA program, creating structure, supporting skill development, and enhancing motivation.

## BACKGROUND

Technology can play a valuable role in supporting your child's ABA journey. When integrated thoughtfully, technology can reinforce learning, clarify routines, and encourage independence.

Technology supports ABA by:

- Creating structure
- Increasing motivation
- Supporting independence
- Improving communication

By working closely with your BCBA®, you can identify ways technology can best support your child's specific goals.

## TECHNOLOGY TIPS

Using technology effectively means:

- Choosing apps that match your child's ABA goals.
- Using visual schedules to simplify routines.
- Balancing screen time to prevent overuse.
- Communicating regularly with your BCBA® about technology use.
- Adjusting technology use based on your child's progress.

Integrating technology into ABA strategies helps your child build essential skills and achieve greater success. The following steps will guide you in selecting and implementing technology effectively.

# VISUAL SUPPORTS MAKE A DIFFERENCE

Visual supports can significantly improve your child's understanding of routines and expectations, making daily life smoother for both of you. By visually clarifying expectations, you help reduce anxiety and increase your child's independence.

## STAY CALM & MODEL FLEXIBILITY

Visuals can be particularly helpful in situations where clarity, routine, or additional guidance is needed. Consider using visual supports in these common scenarios:

- **Daily Routines:** Morning routines, bedtime routines, meal times.
- **New or Difficult Tasks:** Learning to dress independently, following multi-step instructions.
- **Transitions:** Moving from one activity to another, preparing for outings.

## TYPES OF VISUAL SUPPORTS

Visual supports come in many forms, and choosing the right one depends on your child's unique needs. Here are some common, effective visuals you can use to help your child understand routines, expectations, and transitions more clearly:

- **Picture Schedules:** Clearly outline the sequence of daily activities.
- **First-Then Boards:** Show your child what to complete first and the rewarding activity that follows.
- **Choice Boards:** Empower your child to make choices, enhancing their independence.
- **Timers:** Provide visual clarity for the duration of activities or transitions.

## EXAMPLE

Create a simple visual schedule for your child's morning routine with clear pictures or icons like the one pictured to the right. Using this visual support each day provides structure and consistency, making mornings smoother and more positive for everyone.



Wake up



Brush teeth



Get dressed



Eat breakfast



Get backpack

# REINFORCING SKILLS USING TECHNOLOGY

Technology can be a powerful tool to reinforce the skills your child is learning during ABA sessions. Apps and digital tools offer creative and interactive ways to make skill-building engaging and motivating.

## WHEN TO USE TECHNOLOGY AS REINFORCEMENT

Your BCBA® may recommend technology as reinforcement to:

- ✓ Encourage practice of new or difficult skills.
- ✓ Motivate your child to complete tasks they usually avoid.
- ✓ Reward your child after successful completion of important daily routines.
- ✓ Create a sense of structure and predictability.

## EFFECTIVE WAYS TO USE TECHNOLOGY

Technology is most beneficial when used thoughtfully and intentionally. Choosing the right tool to support your child's specific ABA goals can boost motivation, clarify expectations, and reinforce learning. Here are several effective ways to integrate technology into your child's daily routines and skill-building activities:



**Token Boards**-Digital token boards visually track progress toward rewards, helping your child stay motivated. Tokens earned for specific behaviors can be exchanged for time on a preferred device or app.



**Educational Games**-Interactive apps and games aligned with your child's ABA goals can reinforce learning through play. Choose games focused on specific skills like counting, letter recognition, or social skills.



**Video Modeling**-Short videos demonstrating specific skills provide clear visual examples. Watching these videos can reinforce social interactions, self-care tasks, or communication skills.

## MAKING TECHNOLOGY MEANINGFUL

Remember, technology works best when it's balanced with hands-on learning and clear limits. Work closely with your BCBA® to find tools that fit your child's individual needs, and adjust their use based on your child's progress and response.

# BALANCING TECHNOLOGY

Technology can be highly motivating for children. Used strategically, screen time can encourage learning, skill-building, and positive behavior. But it's important to use it intentionally, not as an unlimited distraction.

## CHOOSING THE RIGHT TECHNOLOGY

Select technology that aligns with your child's interests and goals. The right choice makes learning feel fun and rewarding:

- Educational Games – Reinforce academic and problem-solving skills.
- Interactive Books – Foster early literacy and language skills.
- Music and Videos – Support learning through songs, dances, or movement.
- Leisure Games – Games designed for fun and interest.

## SETTING LIMITS

Setting clear boundaries around technology helps your child develop healthy habits:

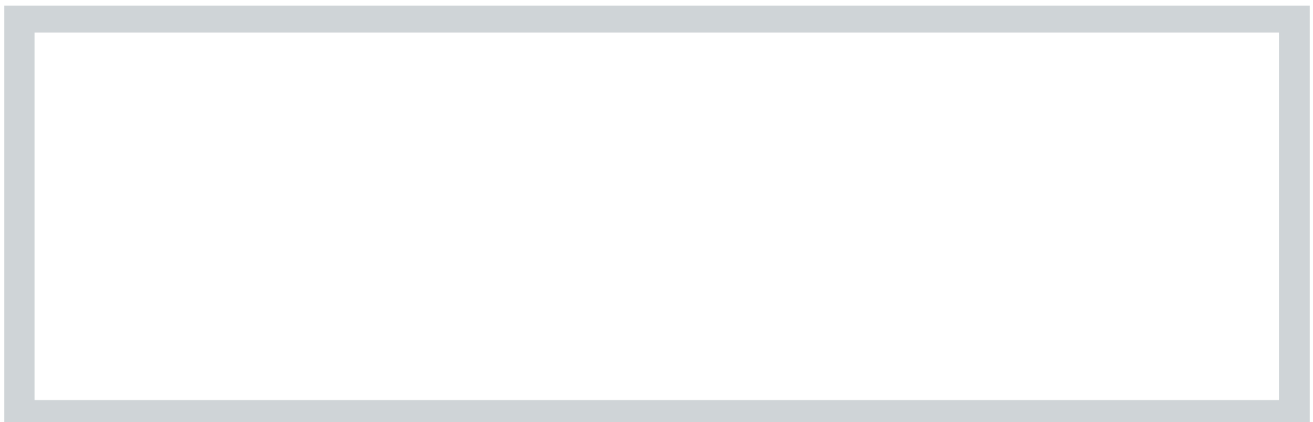
- Define clear rules – Specify when, where, and for how long technology can be used.
- Set visual timers – Clearly show how much time remains to reduce frustration.
- Consistent reinforcement – Reward your child for following technology rules.

## BALANCING SCREEN TIME

Balance technology use with physical activity, family interactions, and hands-on learning:

- Schedule screen-free time – Set aside daily periods for creative play or outdoor activities.
- Encourage social interactions – Combine technology use with interactive family activities.
- Rotate activities – Alternate screen activities with active, hands-on tasks.

**How can technology support your child's learning without becoming overwhelming?**



# PARTNERING FOR SUCCESS

Your BCBA® plays an essential role in helping you integrate technology successfully into your child's ABA program. By collaborating closely, you can ensure technology supports your child's growth without becoming overwhelming.

## HOW YOUR BCBA® CAN HELP

Your BCBA® has specialized knowledge and experience to guide you effectively.

- **Personalized Recommendations:** Help identify the best technology tools that align with your child's ABA goals.
- **Setting Boundaries:** Offer strategies for establishing clear limits on screen time and tech usage.
- **Fade Technology Supports:** Provide guidance on reducing technology prompts and reinforcers gradually.
- **Problem-Solving:** Assist you when technology tools or strategies aren't working as expected.

## TIPS FOR EFFECTIVE COLLABORATION

Open communication strengthens your partnership with your BCBA®. Be sure to regularly share what's working well and where you're running into challenges. Use your meetings as a chance to review how technology is being used and whether it's helping support your child's goals. And if you're ever unsure about how to implement a recommendation or use a particular tool, don't hesitate to ask questions—your BCBA® is there to help.

## KEEP IT CONSISTENT

Consistency is key when using technology to support ABA. Work with your BCBA® to ensure that the strategies you're using at home align with what's happening during sessions. When everyone is on the same page, your child is more likely to succeed.

# TECHNOLOGY TOOLKIT CHECKLIST

Ready to get started? Use this quick checklist to confidently and effectively support your ABA strategies with technology. You don't need to do everything at once—just take it one step at a time.

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## GETTING STARTED

Before jumping into new tools, it's helpful to have a clear plan. Focus on just one or two areas where technology can truly make a difference for your child.

- Identify one or two areas to support, such as visual schedules, timers, or reinforcement tools.
- Collaborate with your BCBA® to select tools that are appropriate for your child's developmental level and goals.
- Explore the app or tool yourself to understand how it works before introducing it to your child.

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## PREPARE FOR USING TECHNOLOGY WELL

How you introduce and use technology matters. Support your child's success by using it during calm, predictable moments and setting your child up for success.

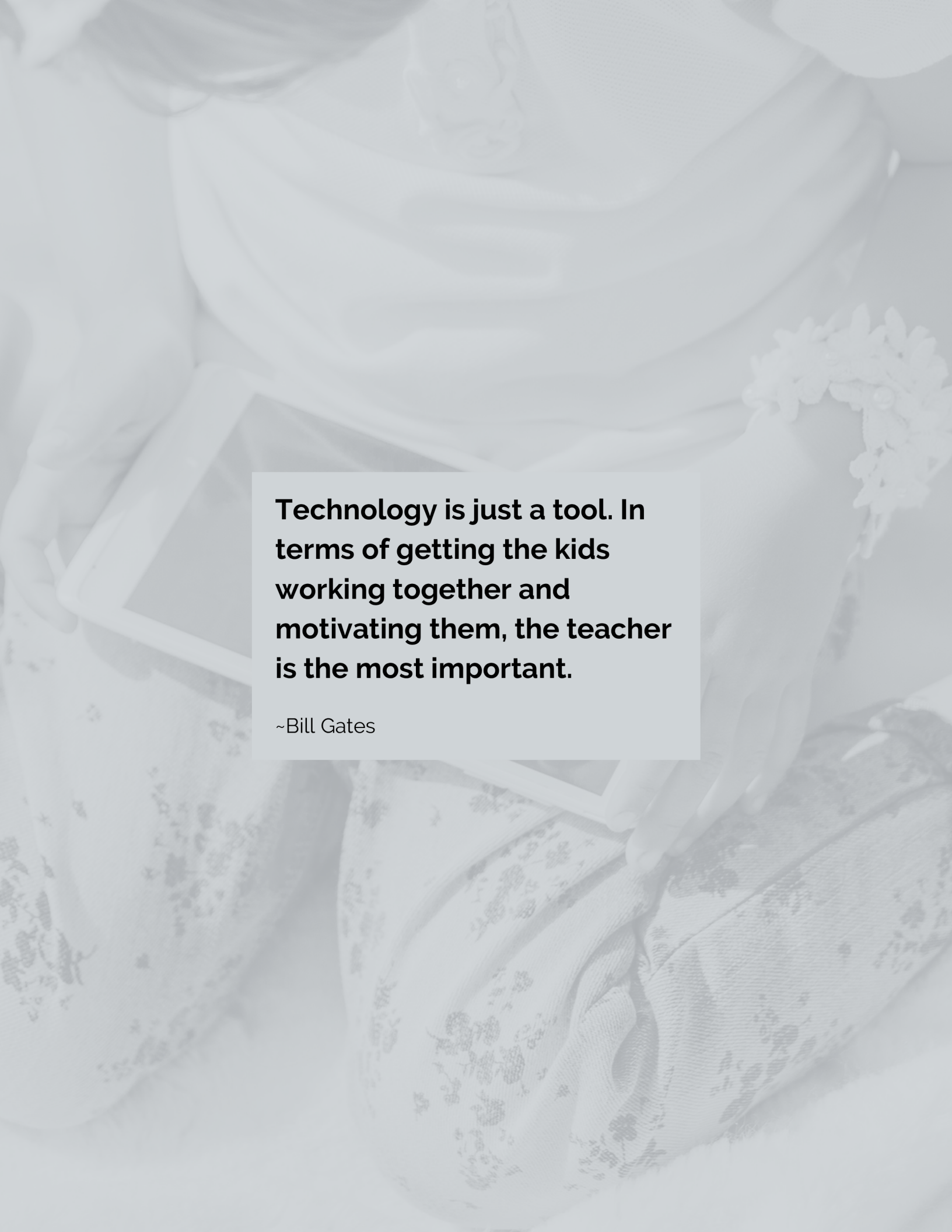
- Establish clear rules and routines for how and when technology will be used.
- Practice new tools when your child is calm and not already overwhelmed.
- Watch closely to see how your child responds—adjust the timing, support, or tool if needed.

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## KEEPING BALANCE

While technology can support learning and behavior, too much of it can get in the way. Creating balance ensures your child continues to develop important real-world skills.

- Set aside daily time for non-tech play, movement, and face-to-face interaction.
- Use visual schedules, first-then boards, or timers to clearly show when tech time begins and ends.
- Reinforce participation in offline activities to encourage a healthy balance between screen time and skill-building.

A bride in a white wedding dress is holding a bouquet of white flowers. In the background, a tablet computer is visible, suggesting a wedding scene with technology. The image is faded and serves as a background for the text.

**Technology is just a tool. In terms of getting the kids working together and motivating them, the teacher is the most important.**

~Bill Gates