

For children receiving **ABA therapy**, hours matter



Autistic kids who receive 30+ hours of ABA weekly are **twice as likely** to **close cognitive development gaps** compared to kids who receive less than 12 hours.¹



They're also **three times more likely** to achieve **average everyday skills**.¹

Cognitive and everyday skills include:

Observing and problem solving, such as learning by watching and responding to new experiences.

Communication, such as learning what things are called, sharing feelings, and asking for help.

Independence, such as toileting, teeth brushing, and cooperating with medical care and haircuts.

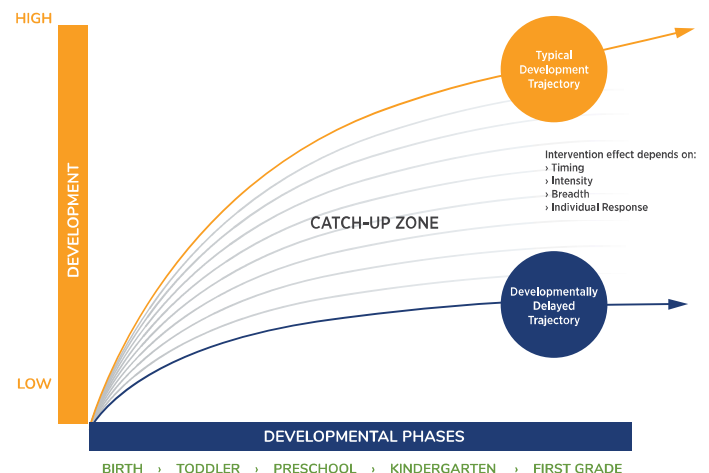
Participating in home life, such as engaging with parents and siblings and going on family outings.

The decision you make now about ABA hours could **decide your child's future**.

Time is precious. The **longer your child waits** for intensive ABA, the **harder it will be** to catch up.

After age 6, they're **less likely** to **close development gaps**.

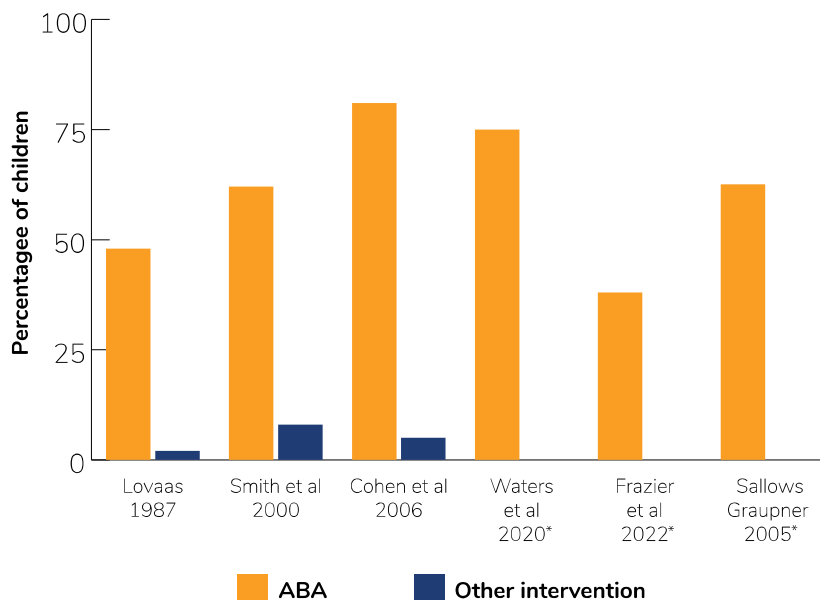
Early intervention and autism²



Autistic kids who receive ABA weekly are **significantly more likely** to be **prepared for general education** than their peers who receive other types of treatment.

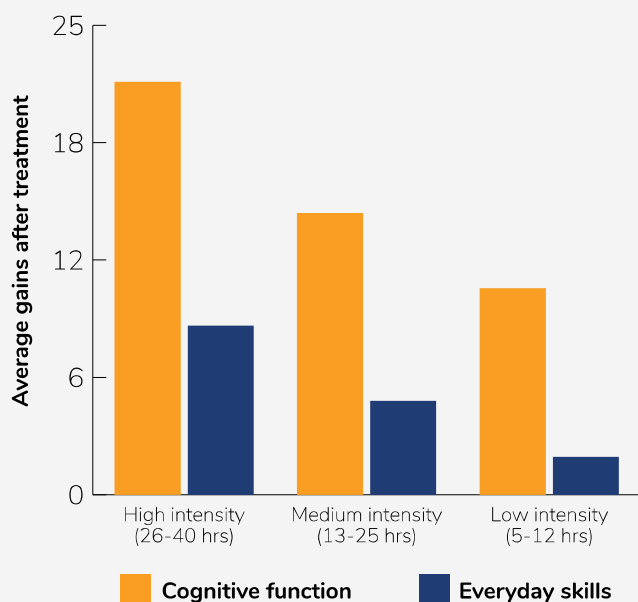


Children who receive ABA require less support in general education after treatment



*These studies did not have a non-ABA comparison group

Impact of ABA intensity on gains in children's cognitive function and everyday skills



As ABA hours **increase**, so does **children's cognitive function**.

Like anything else in life, **more practice** means **more progress**.

The best thing you can do for your child today and for their future is to **enroll them in intensive ABA**. They'll be better **prepared to handle life's challenges**.

Information for Parents and Caregivers about ABA Treatment for Young Autistic Children

No one can guarantee how your child will respond to therapy, but following these guidelines gives them the best chance to achieve their highest level of independence and learning—now and in the future.

- 1. Start treatment as soon as possible.** Early intervention takes advantage of the time-limited opportunity to close gaps in development and perhaps catch up to peers. This is because the brains of younger children are thought to be more malleable, a term called “brain plasticity” (Dawson, 1999).
- 2. Developmental gaps grow bigger over time. This is why starting treatment early and providing many, many learning opportunities every week matters.**

To take just one area of development, the average 2-year-old has a speaking vocabulary of approximately 20 words. By the time they are 3 years old, the average speaking vocabulary has grown to 1,000 words. And new words are added at the rate of approximately 70 per month.

- 3. Treatment should be comprehensive, cover important skill areas, and accelerate your child’s development in all essential areas.** See below for some examples.



- 4. Treatment should average 30–40 hours per week of direct therapy for two or more years.** Refer to our list of selected studies that explain why. Scan the QR code to read the CASP’s White Paper on the role of treatment intensity in comprehensive ABA treatment for young children.

- 5. Treatment should help your child become an independent learner.**

Examples of these skills are the ability to imitate others, learn from watching what others do, and when and how to ask questions.

- 6. Treatment should help improve your child’s ability to function effectively in every critical environment** (home, school, community).

- 7. Your child’s care should be individualized and delivered with a compassionate understanding of your child’s and family’s preferences, strengths, and needs.**