The Science of ABA: How Data Drives Your Child's Progress



ABA is an evidence-based science. Because our team tracks progress during every single session, we can analyze and adapt, pivoting away from what isn't working and leaning into what is.

Five Key Ideas Behind ABA

The ABCs of Behavior

ABA looks at the antecedent (what happens right before a behavior), the behavior itself, and the consequence (what happens right after). Together, the ABCs help explain why a behavior happens.

Graphing and Visual Analysis

Session data is graphed so the team can see at a glance whether a skill or behavior is increasing, decreasing, or staying the same.

Data Collection in ABA

Therapists record things like how often a behavior happens, how long it lasts, and what happened before and after it.

The Scientific Approach

ABA is the applied science of learning and behavior, so it relies on careful, objective measurement instead of guesswork.

Data-Driven Decision Making

If the data shows a teaching approach isn't working, the BCBA adjusts it, so your child's plan keeps getting more effective.

How has technology changed the way you collect and analyze data in ABA?

"When I first started working in ABA, we collected client data with pen and paper, and clinicians made graphs manually by entering data into Excel.

Now, with digital data collection, changes can be made instantly, and we have the technology to keep up with all of the progress the kids are making!

Digital data collection is a tool our team uses every day to help us provide quality individualized services!"

Emily D., BCBA, LBA, Clinical Director of Quality and Supervision

What This Means for Your Family

Data isn't just for the clinical team. Your BCBA reviews your child's plan and progress with you, and caregiver training includes updates about progress, so you can see how far your child has come and celebrate every win.

Frequently Asked Questions

Why does ABA therapy collect so much data?

Data shows what is working, so the BCBA can adjust your child's plan based on facts instead of guesswork.

What are the ABCs of behavior?

Antecedent (what happens before), Behavior (what your child does), and Consequence (what happens after).

Will I be able to see my child's progress?

Yes. Your BCBA reviews your child's goals and progress with you, including during caregiver training.

Helpful links: Our ABA therapy services · Meet our team · Careers at GentleCare · Handout: The 7 Dimensions of ABA · Handout: We Are on Your Team · Blog: The Science of ABA

> Looking for ABA therapy that's guided by real data? Contact GentleCare Therapy in Gibbsboro, NJ to learn how our clinical team tracks and celebrates every step of progress.
>
> **Call (856) 484-5535** or visit gentlecaretherapy.com/contact-us

This handout is general education and does not replace advice from your child's care team.