

Building the Foundation Worksheets

Helping Your Child Gain Independence: Practical ABA Strategies for Parents and Caregivers

Add these pages to your Independence Toolkit. You will keep adding pages in Sections 2, 3, and 4 until you have a complete home plan.

My target skill

Question	My answer
The one skill we are working on this section	
When it happens in our day	
What my child can already do on their own	
The step where they usually stop	

Page 1 • ABC Observation Log

Write down what happened right before, what your child did, and what happened right after. Three entries is plenty.

Day / time	A — Before	B — What my child did	C — Right after

What I noticed

Question	My answer
Which behavior is getting reinforced right now?	
What is one small change I can make?	

Page 2 • Reinforcement Thinning Plan

Step	What it looks like	Start date	Held up? (Y/N)
1. Every response			
2. Every 2nd response			
3. Every 3rd response			
4. End of routine only			
5. Occasional / surprise			

This week's tracking

Day	Reinforced how often?	Skill held, grew, or slipped?
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		

Back-up rule: if the skill slips two days in a row, return to the previous step for a few days.

Page 3 · Reinforcer Menu & Preference Check

Our reinforcer menu

Things	Activities	People & attention

2-choice preference check

Day	Option A	Option B	What my child chose

My top five reinforcers, strongest first

#	Reinforcer	Save it for
1		
2		
3		
4		
5		

Rotation notes

Reinforcer that lost its power	What I rotated in instead