

# One small practice each week

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

Bring this page back to each session. Attempts count — you do not need a perfect week.

## Session 1 · Catch three ABCs and one win a day

| Day | Skill attempt happened? | Did I reinforce within 5 seconds? | Notes |
|-----|-------------------------|-----------------------------------|-------|
| Mon |                         |                                   |       |
| Tue |                         |                                   |       |
| Wed |                         |                                   |       |
| Thu |                         |                                   |       |
| Fri |                         |                                   |       |
| Sat |                         |                                   |       |
| Sun |                         |                                   |       |

## Session 2 · Thin by one step

| Day | Schedule step used | Skill held / grew / slipped | Notes |
|-----|--------------------|-----------------------------|-------|
| Mon |                    |                             |       |
| Tue |                    |                             |       |
| Wed |                    |                             |       |
| Thu |                    |                             |       |
| Fri |                    |                             |       |
| Sat |                    |                             |       |
| Sun |                    |                             |       |

## Session 3 · Build your reinforcer menu

| Day | Preference check done? | Reinforcer chosen | Used for which skill? |
|-----|------------------------|-------------------|-----------------------|
| Mon |                        |                   |                       |
| Tue |                        |                   |                       |
| Wed |                        |                   |                       |
| Thu |                        |                   |                       |
| Fri |                        |                   |                       |
| Sat |                        |                   |                       |
| Sun |                        |                   |                       |

## Bring to the next session

- One thing that worked better than I expected
- One thing that was harder than I expected
- One question I want answered

| Prompt      | My notes |
|-------------|----------|
| Worked well |          |
| Was hard    |          |
| My question |          |