

River City ABA

Sensory Friendly Location in the Area

Jumpology

When: First Tuesday of Every Month

Where: 10087 Brook Road, Glen Allen, VA 23059

Sensory night is a great opportunity to bring your child to Jumpology when there are less kids and it is not as loud. It is \$11 for an hour of jumping and socks for 1 kid and a caregiver.

Jumpology is also a great place for us to plan sessions with friends during the day. If you have a daytime session and would like to meet other River City friends, please let us know and we can schedule a small group session.



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Terms of the Month: The ABCs of ABA

The ABCs of behavior are something that we talk about at intake and continue to look at during each and every session.

Let's start with the B- behaviors. Behavior is defined as everything that people do, including how they move and what they say, think and feel. (Cooper et al., 2007, pp. 25) From the beginning we ask specifically what each behavior looks like because we want it to be observable and measurable. Our goal throughout sessions is to decrease negative behaviors while increasing appropriate behaviors.

We hear it over and over again that behaviors happen for no reason but as behavior analysts we know that there is always some reason for each and every behavior. Our job is to look at the A and C in this equation and determine that reasoning.

A is for antecedents. Antecedents are the events, action(s), or circumstances that occur immediately before a behavior. Most of the

environment that others do not focus on. Examples of environmental antecedents that affect our clients are a room being loud, toy isn't in the same place, peer walks into or out of a room and/or being hungry. Other things such as placing a demand or removing a preferred item can also be an antecedent for negative behaviors. Another word for antecedents could be triggers and everyone has different triggers.

C is for consequence. You may have heard there will be consequence for your actions but that is not always a negative thing. Consequences are everything in the environment that changes contingent on the behavior. This means it will affect the likelihood of the behavior happening again in the future. A consequence can be a reinforcement or punishment but that is something that we will go over in future. Types of consequences that we look for are attention, items, escape from demands, and/or sensory input.

Meet Our Staff

Sara Taylor

Position: RBT

Interest: I enjoy working out, being a youth soccer referee, kayaking with Dan, exploring new parks with our dog, Magnolia, camping with friends, Greys Anatomy, red wine, and PASTA.

Favorite Part of the Job: "There are very few things you do in life that you truly feel like you're exactly where you're supposed to be."

-Tim Tebow

I feel that I am exactly where I'm supposed to be every day in my job. I love working with children that have special needs and I love to see them progress.

Education: I graduated from Bridgewater College in 2011 with a Bachelor of Science majoring in Nutrition and Wellness.

Future Goals: I am currently working to become a BCaBA. My goal is to complete my coursework and supervision so that I can sit for the exam in 2020.



Exciting News to Share!!!

Clinic Space Coming Soon

River City ABA has secured a location to have a physical clinical space. It will be near Virginia Center Commons in Glen Allen. Our goal is to be open in early April after all renovations have been made.

Be on the lookout for paperwork in March giving you more information about how this may benefit your child specifically.

Things we look forward to using the clinic for:

- **Daily Sessions-** this will give us a location to have sessions that does not require you to be present, give us a more controlled environment work on specific behaviors, help prepare kids for the structure of school, give individuals more opportunity for social interactions with others their age

- **Summer Social Group-** we will be able to have weekly social groups for clients during the summer
- **Social Group-** a location to host social groups while giving parents time and space for discussion and training.
- **Parent Trainings-** we will have a location to hold quarterly parent trainings
- **Testing location-** this will give us a location to complete testing need for insurance companies

How you can help:

We will be accepting donations of toys and school supplies. Things that we are in need of are basic school supplies such as glue, scissors, paper, sensory toys, cause and effect toys, and books of all levels.

**"Why fit in when you were
born to stand out?"**

Dr. Seuss

Antecedent	Behavior	Consequence

Homework

Things to work on outside of session:

We have included an ABC graph for you to use over the weekend or anytime we are not there to think about your child's behaviors in ABA terms. Goal is to record one example of each behavior we are tracking during sessions.

When a behavior happens reflect on what the antecedents were, what the behavior looked like and what were the consequence that followed the behaviors.

No one is perfect, so don't beat yourself up if you realize after filling this out that you provided attention for a behavior by talking to your child about why they are crying or dropping to the floor. Our goal with this activity is to help everyone become more aware that our behaviors are consequence for our kid's behaviors.

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