

A PARENT GUIDE

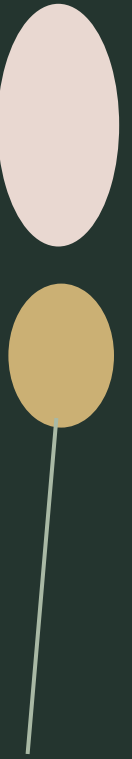
Not All ABA Is the Same

What Parents Should Know
When Choosing Autism Care

*Child-led. Clinician-intentional.
Rooted in play, connection, and childhood.*

Amberly Caballero | Founder & CEO, Elevated Kids

elevated kids



A whole new language.

Exploring Autism care can bring evaluations, recommendations, insurance questions, and unfamiliar terminology - all at once.

And then you begin looking at ABA providers and find even more unfamiliar language. You may read about play-based ABA, naturalistic teaching, child-led learning, parent coaching, developmental approaches, or NDBI and wonder what all of it means - and, most importantly, what it will actually mean for your child.



**But before all of those decisions,
there is your child.**



The little person you already know so well.

The things that make them laugh. The interests they return to again and again. The ways they communicate, connect, explore, and experience the world. The strengths you see - and all the things they are still discovering.

All of those wonderful parts of who your child is matter. And they can be the very places where meaningful learning begins.



There are many ways the science of learning can come to life in a child's care.

ABA gives us a powerful science for understanding how learning happens. How we bring that science to life is shaped by our understanding of the individual child - their development, strengths, interests, relationships, family, and the environments where they live, play, and grow.



What can evidence-based ABA look and feel like when we begin with the child?



For Young Children, Play Is the Way

Young children learn through relationships, movement, exploration, communication, curiosity, shared experiences, and the wonderfully ordinary routines that make up their days.

Play is one of the most important ways learning happens.

communicating

imitating

problem-solving

sharing attention

connecting

discovering

A tower. Bubbles. Peekaboo. A favorite song. Another push on the swing. These can all be places where learning, joy, and wonder meet.



Bringing Developmental and Behavioral Science Together

BEHAVIORAL SCIENCE

**How children
learn**

DEVELOPMENTAL SCIENCE

**How children grow
and develop**

A neurodiversity-affirming framework guides how we bring that science to each individual child, beginning with honoring them for exactly who they are.

NDBI brings developmental and behavioral science together.



Honor who they are. Support their growth from there.

Every child has their own strengths, interests, preferences, ways of communicating and connecting, things that bring them joy, and ways of experiencing the world.

strengths + interests

communication

choices + preferences

boundaries

regulation

self-advocacy

meaningful goals

We believe children can learn and grow while being fully honored for who they are.



Child-Led + Clinician-Intentional

Being child-led and being intentional about learning can beautifully coexist.

A skilled clinician is paying close attention: What are they interested in? What are they communicating? When are they inviting us in? When might they need more time or space? Where is there a natural opportunity to help something new grow?

The child helps show us the way. Our clinical expertise helps us know how to support the learning and growth that can happen along the way.



Learning Where Real Life Happens

At home. At preschool and daycare. On the playground. In the grocery store. On a Target run. At swim class. With siblings. During breakfast, bath time, getting dressed, and heading out the door.

**That's where real life happens.
And it's where so much
meaningful learning happens,
too.**

Meaningful opportunities for learning are already woven throughout a child's natural day - in their relationships, routines, interests, play, and experiences.



Connection Is at the Heart of Learning

What makes them laugh? What captures their curiosity? What do they seek out again and again? How do they tell us “more,” “no,” “not now,” or “I’m finished”? What brings them joy?



We have to know the child.

Connection might grow through a silly song, a game of chase, a favorite book, bubbles, jumping together, or simply being nearby - noticing what a child loves and giving them time and space to invite us in.



Parents Are the Experts on Their Children

As clinicians, we bring knowledge and experience in learning, behavior, development, and Autism care.

And families bring something equally important: You know your child.

You know what makes them light up. What mornings are really like. What comforts them. What feels hard. The looks and gestures other people might miss.

The best care brings both kinds of knowledge together.



And through all of it, parents get to be parents.

Mom. Dad. Grandma. Grandpa. Caregiver. Those relationships are precious - filled with love, comfort, play, connection, traditions, ordinary moments, and memories that extend far beyond any therapy goal.

Our role is to come alongside your family.

We listen. We learn from you. We share what we're noticing. We celebrate what's going well. We problem-solve together when something feels hard.

We're all in this together.



What can meaningful learning look like?

READY... SET... *wait.*

A child might look toward us, reach, gesture, sign, use a communication device, make a sound, say a word, or communicate “Go!” in another meaningful way.

We notice. We respond. And the swing moves.

Their communication meant something. It was heard, understood, and changed what happened next.



Picture your child there.

Can you imagine them playing? Exploring? Being curious? Being silly? Doing the things they love?

How will their communication be noticed and responded to? How will their strengths, interests, and joys become part of learning? How will they be supported when something feels hard?

Can you picture the people caring for your child delighting in who they are while thoughtfully supporting who they are becoming?



You can simply be curious.

- 1 What might a typical session look like?
- 2 What does learning through play look like?
- 3 **How will you get to know my child?**
- 4 How does development inform goals and teaching?
- 5 How will our family's priorities shape goals?
- 6 How do you support communication in all its forms?
- 7 How are clinicians trained, coached, and supported?
- 8 How will learning carry into everyday life?



“Meaningful progress and the magic of childhood belong together.”

When I founded Elevated Kids in 2018, I wanted to build on years of experience using developmentally informed ABA approaches with young children and create an organization where evidence-based ABA and what we know about child development could truly come together - where play, relationships, individuality, and families are woven into how meaningful learning happens.

For young children, play is the way.

Childhood should still feel like childhood: full of play, joy, connection, curiosity, wonder, and a little bit of magic.