

## The Solution

At North Shore Pediatric Therapy, we offer **Applied Behavior Analysis (ABA)** as a way for children and their parents to overcome these challenges.

Behavior Analysts use teaching strategies based on the principles of behavior. They start by identifying skill deficits and developing an individualized teaching program to address them. Sometimes, inappropriate behavior impedes learning new skills. If so, the analyst determines the root of the inappropriate behavior through systematic **observation** of what preceded and followed the behavior, and then teaches an appropriate replacement behavior.

Within each ABA program, analysts teach new skills by breaking them down into individual, small steps. This enables the child to be **successful** at each stage. Appropriate responses are reinforced through access to preferred activities or items that the child enjoys. Each step builds upon the previous one, until the entire skill is mastered.

## Who benefits from ABA?

ABA is effective in addressing a wide spectrum of behaviors and ability levels, and can **benefit** children diagnosed with:

- Autism Spectrum Disorder
- Asperger's Syndrome
- Pervasive Developmental Disorder - Not Otherwise Specified (PDD-NOS)
- Rett's Disorder
- Learning disabilities
- Typically developing children with behavior issues

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## About North Shore Pediatric Therapy (NSPT)

North Shore Pediatric Therapy offers a **unique**, comprehensive approach in the development and implementation of your child's ABA program.

We bring together an **unparalleled** team of highly qualified behavior analysts, who collaborate with in-house speech therapists, occupational therapists, physical therapists, dietitians, social workers, art therapists, and family-child advocates to meet your child's unique needs.

### When you come to NSPT, we will:

1. Give you a tour of our facility and introduce you to our ABA team.
2. Conduct a 30-minute parent interview.
3. Conduct an extensive evaluation of your child, using The Assessment of Basic Language and Learning Skills® (The ABLLS) and a one-on-one evaluation with one of our behavior analysts.
4. Develop a comprehensive treatment program that addresses all of your child's needs as well as a detailed report of the evaluation findings.



**North Shore Pediatric Therapy**  
Experience & innovation to maximize your child's potential

Helping your child to be successful in school, at home, and in the community.

### Locations

#### Glenview

1308 Waukegan Rd., Suite 103  
Glenview, IL 60025

#### Highland Park

1442 Old Skokie Rd.  
Highland Park, IL 60035

#### Libertyville

1216 American Way  
Libertyville, IL 60048

#### Chicago

1700 West Cortland Ave., Suite 207  
Chicago, IL 60622

### Phone

Toll free: 877.486.4140 Central fax: 847.589.4140

Visit us online: [www.NSPT4kids.com](http://www.NSPT4kids.com)

## Does your child...

- Only say a few words?
- Prefer to play **alone**?
- Kick, hit, or scream when given directions?
- Engage in repetitive self-stimulatory behaviors?

## Parents, are you...

- Feeling anxious and **worried** about the future?
- Looking for a place to turn to for help?
- Concerned that attention is being taken away from your other children?
- Overwhelmed** and searching for answers?

We can help your child reach his or her fullest potential.



Applied Behavior Analysis (ABA)  
at North Shore Pediatric Therapy, Inc.

# The Problem

Some children face developmental challenges, including:

☾ **Behavior:** The child may appear hyperactive or lethargic, or may have aggressive and seemingly unpredictable “tantrums.” The child may repeat a single action or spoken phrase. For example, the child may engage in hand flapping, finger flicking, or body rocking. The child may also engage in self-injurious behaviors such as head-banging, biting or skin-picking.

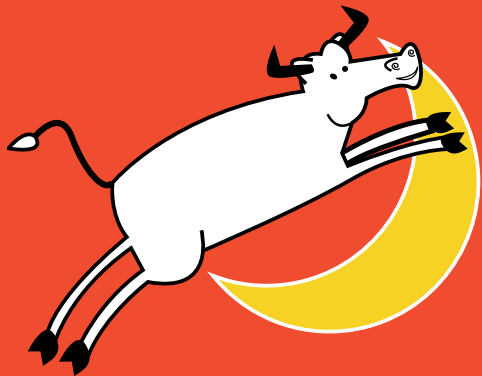
☾ **Communication:** Language development is delayed; the child has difficulty using the right words at the right time or may only communicate through gestures.

☾ **Socialization:** The child prefers to spend time alone, has trouble interpreting social and facial cues, seldom participates in “pretend” play, and has difficulty imitating others.

☾ **Sensory Integration:** The child is overly sensitive to touch or non-responsive to pain. Other senses may be heightened or numbed, or the child may experience seizures.

☾ **The Need for Consistency:** There is a low tolerance to change in the environment and a persistent need for routine and structure.

☾ **Academic Skills:** The child may demonstrate “splinter skills” – performing at or above grade level in some subjects while being delayed in other subjects.



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# ABA at North Shore Pediatric Therapy

Through an integrated clinic and home-based program, our expert staff can *improve* your child’s level of functioning. Our data-based, empirical methods provide measurable improvement for a variety of behaviors and skills, including:

- ★ Following directions
- ★ Eye contact
- ★ Language and academic skills
- ★ Self-help skills
- ★ Imitation skills
- ★ Fine and gross motor skills
- ★ Play/social skills

## Our ABA services include:

- ★ **Analysis and plan development:** To address your child’s specific behavior and skill deficits, we provide an evaluation and design an effective ABA program.
- ★ **Clinic Program:** Implementation of your child’s ABA program in the clinic by a behavior analyst.
- ★ **Home Program:** ABA therapists work in your home to implement the ABA program. Therapists will also help you implement a behavior plan at home. All home programs are supervised by our home program coordinator.
- ★ **Support at school:** Shadow aides implement a behavior plan at school and can modify the academic curriculum to support scholastic success.
- ★ **Programs to improve family relations:** ABA home therapists can teach your child how to better play with siblings, and teach siblings how to better understand your child.
- ★ **Professional representation at IEP meetings**

# Frequently Asked Questions

## Is ABA only for children with autism?

Research has shown that ABA can be effective with both typically developing children and children diagnosed with developmental disabilities.

## What age and level of functioning would benefit most from ABA?

Children should begin an ABA program as soon as possible; however, progress occurs at any age and level of functioning.

## How will I know the ABA program is working?

With ABA, it’s easy to track progress because all tasks are broken down into skills that are observable and measurable. Data is taken at every session to chart the progress made in each individual skill set. Graphs are then made to track progress over time. Parents regularly receive quantitative data reflecting their child’s progress.

## I have a child who does not follow directions, screams, kicks, and hits me. He does not have any developmental disability. What can I do?

ABA can help even if your child does not have a developmental disability. A behavior analyst can come to your home to analyze the root of the inappropriate behavior, create a plan to replace it with an appropriate behavior, and train you to provide consistent reinforcement for the appropriate behavior.

# What Some Parents Have Said About ABA at North Shore Pediatric Therapy

*“ABA therapy has changed my son’s life. He is much more focused and attentive. In a six-month period he has transformed from a child that could not say ‘yes’ or ‘no’ into a little boy that wakes up in the morning and says, ‘Mommy come in,’ and asks to sing songs, read books, and play hide-and-seek. My son tells me he loves me and I know it is because of all the hard work of NSPT.”*

*— Mother of a 3-year-old boy receiving  
ABA at NSPT*



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Pediatric Therapy**

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