



The BAE Family Connection

Message from our Founder

Dear BAE Family,

With plans underway to re-open the country, I'm sure many of you are anxiously awaiting BAE's return to direct in-person services. We are closely following the guidance provided by leaders during this health crisis and are preparing for a time in the near future when we can resume our full scope of in person services. We will continue to communicate updates, while providing ABA in a variety of delivery formats customized to your family's needs.

Teletherapy is working really well for many of our clients, but it is not for everyone. We recognize that some of our clients require an in-person model in order to meaningfully benefit from their ABA services. I am pleased to announce that we are now providing home services when deemed necessary by the family and our treatment team. There are a variety of factors that we are taking into account, such as increases in problem behavior or skill regression since change in services, or lack of responding to a teletherapy model. Please let us know if you feel your child should be considered for in-person therapy and our treatment team will guide you through this process.

Spring Break has come and gone and if you haven't already, you are probably trying to get back into a daily routine. How is this going? It can be tough to get back into the swing of things, especially with the warm weather inviting us outdoors.
This school year isn't over yet, though!

A few simple tools, such as a daily schedule, checklist of activities, and transition timers can help to create structure and organize the day during the last stretch of the school year. Make sure to schedule in those household priorities too. Maybe chores, bath time, relaxation, and independent time will become part of your family's daily schedule. When creating a schedule, make sure to break up sitting and learning times with play time, social connections, snack, exercise, and fresh air. You get to be creative and flexible with this to make it reinforcing for you all - set up a homeschooling lesson outside, a play date video call, or enjoy lunch on a picnic blanket. The goal is to set up your day in way that works for you and your family.

Thank you to those who have sent me messages sharing your experiences with our services these past several weeks. Hearing from you is the highlight of my day. Please keep the communication coming.

Wishing you good health and happiness,

Barbara Endlich, Psy.D, BCBA-D
BAE Founder and Chief Clinical Officer

Tele-Therapy Talk

Tips for a Successful Tele-Therapy Session

We are learning more and more every day about how to make for a successful tele-therapy session. Here are few tips that we've learned and would like to pass on to you:

1) **Work in progress:** When starting sessions, it is important to be flexible and kind to yourself. Not every session will go as planned and every great idea may not work out as intended. We may need to experiment with lengths of sessions, times of session and activities done within sessions to see what works for your child. Once we find the right combination, things really take off!

2) **Reinforcement:** This will be a collaboration between the family and the clinicians. Some reinforcement can be controlled remotely and some reinforcement may require some collaboration and timing from the family. This may require a crash course in reinforcement so that reinforcement can be most effective.

3) **Support during session:** Every client needs a different level of support to make the session successful. Some clients may need support transitioning back to the session, while others may need a person next to them the entire time. This will change with each activity and as the client's needs change.

4) **Knowing sessions will be paired down a bit in the beginning.** Initially, the sessions may not be hitting entire programs or the most challenging goals. Sessions will look different. However by starting small and building momentum, this is can be a successful model that allows our clients to continue to learn and grow.

5) **Activities should be inherently reinforcing for the client to keep them motivated to be in the session.** Think rapport-building. In the beginning of ABA, we spend time pairing ourselves with reinforcement and making ABA fun. In this new format, we need to go back to pairing with reinforcement and making tele-therapy fun! Many programs can be addressed under the clever disguise of a fun video, activity or game. It may just look like fun, but there is more that is happening than just a good time.

