BRITE ABA

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Brite Bridge Parent Behavior Toolkit™

Practical tools for behavior, communication, and daily routines

"Guided by the Brite Bridge Model™"

Behavior Prevention Strategies Toolkit

Helping families understand behavior, support communication, and build meaningful skills through positive and evidence-based ABA strategies.

Strategies should be individualized and implemented in collaboration with your child's BCBA.

This resource is intended for general education only. Strategies should not be implemented as a substitute for individualized treatment or clinical guidance. Always consult with your child's BCBA before making changes to your child's intervention plan.

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Part of the Brite Bridge Model™ approach to supporting skill development across home, school, and community environments. ✦

Introduction

Your child's progress extends beyond therapy sessions. Progress is often supported when strategies are used in everyday routines at home, school, and in the community.

This toolkit helps families understand behavior, strengthen communication, and build practical skills using positive, evidence-based Applied Behavior Analysis (ABA).

The tools in this guide are simple, practical, and designed for everyday use. You will find guidance, examples, and strategies that support your child's learning while strengthening collaboration between families and professionals.

Our goal is to provide caregivers with clear, easy-to-use tools that support children in building meaningful skills and succeeding across environments.

Behavior serves a purpose (e.g., to gain access, escape, or communicate a need).

Strategies should be individualized based on each child's needs and implemented with guidance from a qualified professional.

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Overview & How to Use This Toolkit

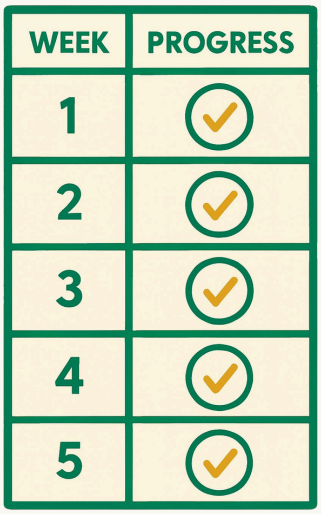
Section 1 — Purpose

This toolkit focuses on proactive strategies that support routines, communication, and positive behavior across daily environments.
Prevention helps children feel more confident, prepared, and supported before challenges occur.

Section 2 — What's Included

Inside this guide, you'll learn:

1. Understanding triggers and early signals
2. Preventative routines and structure
3. Visual supports and schedules
4. Choice-making strategies
5. Proactive communication supports
6. Transition supports
7. Regulation and calming strategies
8. Weekly reflection and progress tools



Each page includes space to write, reflect, and practice new strategies in real-life situations.

Section 3 — How to Use This Toolkit

Step 1 → Identify challenging situations
Step 2 → Put preventative supports in place
Step 3 → Teach communication and coping skills
Step 4 → Use reinforcement consistently following your child's individualized plan
Step 5 → Review progress and adjust strategies

Section 4 — For the Best Results

- Review one module at a time — no need to rush
- Practice replacement skills daily in short opportunities
- Use reinforcement consistently when your child uses new skills
- Record small wins — progress builds over time
- Discuss insights with your BCBA regularly

Important Note

TThis resource is for educational purposes only and is intended to be used in coordination with a Board Certified Behavior Analyst (BCBA). It does not replace individualized assessment, treatment planning, or clinical guidance.

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MODULE 1 — Understanding Prevention & Behavior

How adjusting what happens first can reduce challenging behaviors

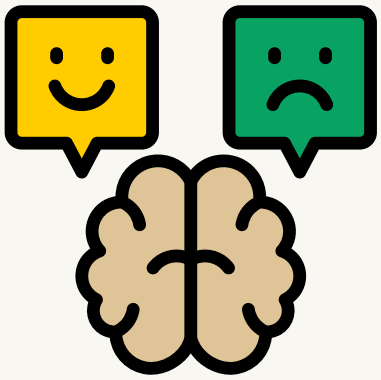
Many challenging behaviors can decrease when supports are adjusted. This approach focuses on prevention—setting children up for success through structure, predictability, and clear expectations.

SECTION A — What Does "Prevention" Mean?

Prevention happens before behavior

Behavior does not happen randomly. It is often influenced by the environment, expectations, and demands placed on a child. Prevention strategies focus on adjusting these factors so frustration is less likely to occur. Addressing behavior early is often more effective than responding after escalation.

SECTION B — Why Prevention Strategies Matter



Why focusing on prevention helps

- Reduces frustration and overwhelm
- Increases predictability and safety
- Supports independence
- Builds cooperation
- Reduces the need for in-the-moment correction
- Small proactive changes can lead to big improvements

SECTION C — Common Reasons Behavior Escalates

Behavior is more likely when:

- Expectations are unclear
- Tasks feel too hard
- Transitions are sudden
- Routines change unexpectedly
- Waiting is required
- The environment feels overwhelming

These moments signal a need for additional support, rather than punishment.

Behavior serves a purpose (e.g., to gain access, escape, or communicate a need).

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SECTION D — What This Guide Will Focus On

This guide is designed to help you:

- Identify triggers and early signs of frustration
- Structure the environment to support success
- Set clear and manageable expectations
- Use visuals, choices, and routines
- Prepare for transitions and changes

SECTION E — Important Caregiver Reminder

- Prevention does not mean perfection.
- Every child has challenging moments.
- Progress comes from consistency and ongoing adjustment over time.

This resource is part of the Brite Bridge Parent Toolkit™, designed to support your child's progress across home, school, and community environments.

For individualized guidance and support, connect with our team.

Scan to connect

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MODULE 1 — Reflection

Understanding your child's triggers and early signs

Take a moment to reflect on your child's experiences:

1. What situations tend to be most challenging for my child?

2. What early signs do I notice before behavior escalates?

3. What factors might be making these situations more difficult?
(e.g., transitions, unclear expectations, fatigue, changes in routine)

4. What is one small, supportive change I can try this week?

Taking time to reflect can help you better understand your child's experiences.