



Behavior Frontiers  
*a world without limits*

# SETTING SUCCESSFUL NEW YEAR'S RESOLUTIONS WITH YOUR CHILD WITH AUTISM

## 1. Celebrate Strengths:

Before setting any goals, start by highlighting your child's achievements with a strength's and interest's chart.

## 2. Involve Your Child:

Engage your child in setting goals using visuals like a vision board and open-ended prompts, such as "What would you like to learn this year?"

## 3. Set SMART Goals:

Ensure goals are Specific, Measurable, Achievable, Relevant, and Time-Bound, such as, "Say hello to a friend twice a week during playtime."

## 4. Create a Supportive Environment:

Use visual schedules, routines, or reward systems to foster consistency and motivation.

## 5. Foster Family Collaboration:

Make goal-setting a family activity! For example, siblings can model positive behaviors.

## 6. Celebrate Success - Big and Small:

Acknowledge growth with praise, hugs, or small treats, focusing on progress over perfection.

## 7. Leverage ABA Therapy:

Behavior Frontiers' personalized home and center-based ABA therapy is an invaluable tool that helps children build skills, overcome challenges, and reach their full potential.



**CONTACT US**

*Written by Behavior Frontiers as Part of Their Bright Future Series*

To learn more, contact Behavior Frontiers at 888-922-2843 or visit [www.behaviorfrontiers.com](http://www.behaviorfrontiers.com).