

Living Soul of NY ABA

HAPPY FEBRUARY! SIT BACK AND ENJOY OUR NEWSLETTER;
CHECK OUT BELOW FOR EVENTS & INFORMATION REGARDING
ABA & SUPPORT

INSIDE THIS MONTH'S ISSUE:

- ABA TIPS & TRICKS
- AUTISM UP MEETINGS
- EVENTS AND REMINDERS
- NEWS

NYS is cutting Medicaid services for ABA. These cuts will be devastating to families that receive the service.

WRITE A LETTER TODAY TO STOP CUTS FOR ABA FUNDING AND MEDICAID SERVICES

**** [CLICK HERE](#) ****





Autism Up Events

1. Stand Up for Autism — Fundraiser & Comedy Show

📅 Sunday, February 1, 2026

🕒 7:00 PM

📍 Comedy @ The Carlson, Rochester, NY

2. AutismUp Valentine's Good Times Mixer

📅 Saturday, February 7, 2026

🕒 7:00 PM – 9:00 PM

📍 AutismUp Headquarters, 50 Science Parkway, Rochester, NY

3. Autism Awareness Night — Amerks Hockey Game

📅 Tuesday, February 17, 2026

🕒 7:05 PM

📍 Blue Cross Arena, Rochester, NY

Winter Tips

- Dress in layers & label everything
- Cold weather can be hard to feel or communicate—use layers, hats, and gloves, and label coats and boots in case items are misplaced
- Snow glare, wind, and bulky clothing can be overwhelming. Sunglasses, noise-reducing headphones, or familiar comfort items can help.
- Practice winter safety routines
- Review staying close in public places, holding hands in icy areas, and what to do if separated—repetition builds confidence and safety.



XOXO





LIVING SOUL OF NEW YORK
APPLIED BEHAVIOR ANALYSIS, PLLC



ABA Vocabulary

Behavior

Anything a person does that can be observed or measured (e.g., talking, walking away, raising a hand).

Reinforcement

When something happens after a behavior that makes the behavior more likely to happen again.

Positive Reinforcement +

Adding something pleasant after a behavior to increase it (e.g., praise, tokens, access to a favorite activity).

Negative Reinforcement -

Removing something unpleasant after a behavior to increase a behavior (e.g., work demand stops after asking for a break).

Antecedent

What happens before a behavior occurs (e.g., an instruction, transition, or environmental change).

Follow us on Instagram for more news, tips, tricks, shout outs & events!

@[livingsoulofny](#)

Webpage: [livingsoulaba.com](#)

Autism Up! Resources:
[autismup.com](#)

