QUARTERLY NEWSLETTER

Spring 2025 🌼 **Living Soul of New York ABA**

One Client. No Limits. Endless Results.

AutismUp! Resources

Friday Social Nights (OPWDD Eligibility, Ages 13+)
- May 16: National Pizza Party Day
- May 30: National Day of the Potato
- June 6: National Donut Day
- June 27: Ice Cream Cake Day

Parent Connection Meetups
- Morning Meetups: Wednesdays 9:30-11am @ Golisano Autism Center
- Evening Meetups: Wednesdays 7-8pm @ Zoom
- 18+ Parent Meetups: Tuesdays 7-8pm @ Zoom
- Early Childhood Meetups: Wednesday 9:30-11am @ Zoom
- Spanish Meetup: 3rd Tuesday 7-8pm @ Zoom

Grandparent Connection Meetups
- Wednesdays 12-1pm @ Hybrid
  - Golisano Autism Center & Zoom

Register Here!

Upcoming Events & Camps

- Rochester Accessible Adventures
- Rochester Kids Out and About

ABA Corner

Premack Principle: (first/then); asking the learner to engage in a low probability behavior before they can have a high probability behavior, preferred activity (reinforcer).

ex. Child may be more likely to do their homework if they can watch their favorite show after.
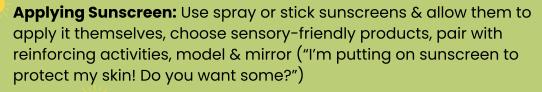
🌊 Say Hello! 🌊

Merry Braithwaite
GP-LBA

I am a GP - Licensed Behavior Analyst with a B.S. in Speech-Language Pathology from Utah State University and an M.S. in Behavior Analysis from Arizona State University. My experience includes working as a Job Coach and Residential Manager for adults with developmental disabilities and coaching Special Olympics for ages 5 to adult. I am passionate about using evidence-based strategies to empower individuals and promote skill growth.

Tips for Warmer Weather!

Applying Sunscreen: Use spray or stick sunscreens & allow them to apply it themselves, choose sensory-friendly products, pair with reinforcing activities, model & mirror ("I'm putting on sunscreen to protect my skin! Do you want some?")

Picky Drinkers: Offer variety and choice in cups & straws, flavor the water naturally, make popsicles, try hydrating foods, use a hydration chart with reinforcement, model drinking water often, offer water consistently & often

Cooling Kit: keep a cooling kit for outdoor activities including things like: cooling towel, portable fan, extra shirt, hat with soft band & no tags, noise-cancelling headphones, fidget or sensory items. Let them help pack their kit so they feel comfortable asking for it!