October 2026

Newsletter

BehaviorSpan
Founded in 2015

Hello

Fall is here! As the leaves change and the season gets underway, we're excited to share what's happening in our community. From upcoming events to clinical highlights, here's what you need to know this month.

Clinical Corner

Understanding the ABCs of Behavior in Everyday Life

Every behavior happens for a reason. The ABCs can help parents understand what may be happening around a behavior and how we can support our child.

A = Before the behavior

What happened right before?

Think about:

- What was my child doing?
- Did I ask them to do something?
- Did something change?
- Did they want something?

Example: "It's time to turn off the iPad."



B = The behavior

What did my child do?

Try to describe exactly what you saw or heard instead of using labels.

Instead of:

❌ "He was being difficult."

Try:

✅ "He cried, yelled, and dropped to the floor."

C = After the behavior

What happened right after?

Ask yourself:

- What did I do?
- What did my child get?
- What did my child avoid or escape?
- Did something change?

Example: Mom gives the iPad back after the child cries.

Putting It All Together

A — Before: "Time to turn off the iPad."

⬇️

B — Behavior: Child cries and drops to the floor.

⬇️

C — After: Parent gives the iPad back.

Now we can ask: "What can we do differently next time?"

For example, parents might prepare the child for the transition, use a timer, offer a choice, or teach the child to appropriately ask for more time.

ABCs in Everyday Life

Parents can use this approach during everyday routines like:

- 🛒 Shopping: "I want that!" → crying → parent gives the item
- 🍽️ Mealtime: Child refuses food → parent offers a preferred food
- 🛁 Bath time: "Time for a bath" → child runs away → bath is delayed
- 📱 Screen time: "iPad is all done" → child cries → iPad is returned
- 🛏️ Bedtime: "Time for bed" → child asks for another story → parent reads another story

A Simple Reminder for Parents

Pause → Look → Think

Pause: What just happened?

Look: What did my child do?

Think: What happened afterward?

The ABC approach isn't about blaming parents or children. It's simply a tool to help us understand patterns and find ways to make everyday routines easier and more successful.

Fall Festivities

We will have trick-or-treating in the center for our clients on Friday, October 30. Costumes encouraged!

Other Events

- *10/3- Free music therapy sessions led by a Board-Certified Music Therapist*
  - *Kids' sessions: 12:00, 1:00, and 2:00 PM, 45 minutes each*
  - *East 7th Arts booth in Dailey Park*
- *10/10- Birthday Buddies at Monkey Bizness (1pm-3pm); $5*
  - *Celebrating Birthday Buddies ages 4-9 years old with birthdays during July-October*
- *10/24- Autism Community Store Trunk or Treat*



Ask Us

Please reach out with any questions regarding events, scheduling, parent trainings, etc: (720)-335-5613