



Optimal Beginnings



EMPOWERING YOUR FAMILY

Optimal Beginnings focuses on empowering your family with strategies for managing and interacting in your special needs environment, and empowering the special needs individual to live constructively and independently. We believe that every person, at every age and level of ability, has the potential for growth.

Our Child-Family Focused Model™ utilizes Applied Behavior Analysis (ABA) methods to develop a customized treatment plan for optimal progress in language development, executive function, cognitive skills, adaptive skills, motor skills, academic skills, social skills, play, and family success.

This involves the development of a tailored wrap-around support plan to build family capacity and independence in living with a special needs family member. We provide additional analysis, supported by meticulously collected data, to identify the exact behavioral strategies needed to teach skills required for developing relationships in the social community including at home, school and peer group activities.

We are firmly committed to helping those we serve to achieve their potential for independence, individuality, productivity and inclusion in their communities.

Our specialists are easily accessible by phone or email, and we offer parent training where family members can have open, in-depth conversations with our highly-trained Board Certified Behavior Analysts on a monthly basis.

ASK US ABOUT RECEIVING A FREE CONSULTATION TO DETERMINE IF WE ARE A GOOD FIT FOR YOUR CHILD'S NEEDS.

Call now to find out more:

301-718-1716 | optimalbeginning.com



Our Services

Applied Behavior Analysis (ABA) Programming

Our team gathers related medical records and statements from the parents about the child's mental health to create targeted programs that help the child improve in the areas in which they are having the most difficulty. These individualized programs are continuously updated as the child's skills progress and evolve.

Facilitation Services

On occasion, we provide a licensed professional to go into the client's school and observe them in their school environment. This usually takes place when a client is having issues at their school. This allows us to address any problems that may be taking place in the school and determine the best course of action for addressing this problem.

Speech-Language Therapy Services

Our ASHA certified and licensed speech therapists design individualized, dynamic speech therapy plans centered on concrete learning objectives that can be integrated across the home and school environments. Our therapists offer services targeting language delay, articulation disorders, conversation/group skills, receptive-expressive language, listening/auditory processing, stuttering and more.

Client Advocacy and Resource Network

We work closely with several companies including Autism Speaks and the Autistic Self Advocacy Network. We can often be found supporting mental health causes and doing whatever we can to advocate for the rights of our clients. As members of the Autism Society we are part of a big resource network ready to help our clients in whatever way we can.

Individualized Education Plan (IEP) Consulting and Development

We work closely with our clients' schools to help develop IEPs and retrieve previously conducted IEPs. This allows us to determine the best course of action for helping our clients and ensuring that we are working with updated information.

Psychometric, Academic and Skill testing

We are highly experienced in the latest assessments to evaluate your child's current skill level. We can provide you an accurate measurement of your child's cognitive, communication and social functioning domains. This allows our team to determine the optimal starting point for creating the programs we run during sessions.



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Our Services

Social Skills Dyads, Triads and Groups

We provide several programs to help our clients practice their social and language skills by learning to appropriately interact with their peers, family members, caregivers and others in their community.

Technology Integration / Program extension

We often use technology and multi-media during our sessions to motivate and reinforce targeted . The programs we use are interactive, fun and most importantly educational.

Parenting and Family Education

We provide parent and family training to help identify certain behaviors that are encouraging their children's problem behaviors. We then using corrective procedures to model and explain how the interactions should take place to ensure the lessening of the undesirable behaviors.

Webinars / Podcast Training

For families living in areas that don't provide local resources for assisting children on the autism spectrum we have created tutorial videos. These videos allow the client to watch therapist model skills we would teach during our therapy sessions.



Parent & Family Groups / Programs

We provide parents with the resources and option of interacting with other parents going through similar situations, from whom they can seek support.

Sibling Groups / Programs

Children on the autism-spectrum or with other special needs don't always have a strong bond with their siblings. We provide programs and groups that encourage siblings to interact and play with each other. This allows them the opportunity to develop a bond with their siblings and encourages the bond to continue to grow.

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