

Behavioural interventions can help individuals of all ages. Early intensive behavioural intervention during the preschool years is the most effective way to improve a child's development and independence.



## Eligibility:

To receive services, a child must be:

- a resident of New Brunswick (including First Nations communities);
- diagnosed with autism spectrum disorder by a physician or psychologist; and
- preschool aged: from the time of diagnosis to school entry (age five).

## To enroll in the Preschool Autism Program:

Step 1: Diagnosis by a pediatrician or a psychologist.

Step 2: The pediatrician or psychologist will send a confirmation of diagnosis to the Department of Education and Early Childhood Development.

Step 3: The department will contact the family and offer services begin the enrollment.

**Contact us:**  
Telephone: 1-844-377-3819 (toll-free)  
Fax: 506-462-2104  
Email: [Autism.autisme@gnb.ca](mailto:Autism.autisme@gnb.ca)

## Recommended online resources:

**Education and Early Childhood Development New Brunswick:**  
[www.gnb.ca/education\(need reference\)](http://www.gnb.ca/education(need%20reference))

**Autism Speaks:**  
[www.autismspeaks.ca](http://www.autismspeaks.ca)

**Autism Canada:**  
[www.autismcanada.org](http://www.autismcanada.org)

**Association for Science in Autism Treatment:**  
[www.asatonline.org](http://www.asatonline.org)



# Preschool Autism Program



## What you need to know

1. Preschool aged children with autism spectrum disorder (ASD) in New Brunswick can receive early intensive behavioural intervention through the Preschool Autism Program.
2. Early intensive behavioural intervention is a treatment for children with autism spectrum disorder (ASD). Research shows that these children achieve the best outcomes the earlier they receive intervention.
3. Early intensive behavioural intervention improves the quality of life for children with ASD and their families. It reduces the developmental gap between children with autism and other children. Early intensive behavioural intervention does this by tackling the toughest barriers to learning.
4. Each school district in New Brunswick has an intervention agency. They are funded by the New Brunswick Department of Education and Early Childhood Development. They deliver customized services to preschool aged children with ASD.

## Agency services

The agency and the family develop a personalized learning plan together. This plan works on goals that are specific to the child's development and independence. The agency team has a clinical supervisor, behaviour consultant and behavior interventionists. The clinical supervisor and behaviour consultant choose the learning goals and monitor the child's progress. The behaviour interventionist works with the child every day. They carry out the plans.

The agency and the family work together to:

- build a positive relationship between the child and the team;
- develop a personalized learning plan to meet the child

and the family's needs;

- create a plan for up to 20 hours per week of Early Intensive Behavioural Intervention;
- provide individualized instruction to the child using evidence-based approaches;
- review and adjust the plan often based on the child's progress and changing needs; and
- plan for a transition to school in the year before school.



## Frequently Asked Questions

**Q.** What is early intensive behavioural intervention?

**A.** Each intervention sessions can be up to four hours long. They will include a lot of play and positive reinforcement. They focus on developing skills in different areas such as language, play, social skills, self-help and imitation. Sessions look natural. Depending on the needs of each family, the intervention can take place in different locations. Possibilities include the family's home, a daycare or an autism agency.

**Q.** Why should a family enroll their child in early intensive behavioural intervention in the Preschool Autism Program?

**A.** Decades of research show us that early intensive behavioural intervention is most effective when delivered intensively (16 to 20 hours per week) and at a young age. When new skills such as imitation and functional communication skills are taught early, they increase a child's independence and overall ability to learn.

**Q.** Why are up to 20 hours of intervention provided?



**A.** Research shows that intensive intervention (e.g., 16 to 20 hours per week) is more effective than less than 10 hours per week.

**Q.** Can we do a few hours per week instead?

**A.** You can set a schedule for a number of hours that works for your family.

**Q.** Is my child too young?

**A.** No. Intervention includes play based teaching and can be tailored for a young child. If your child has a nap schedule that prevents a full session, a reduced number of hours can be scheduled.

**Q.** Can I choose the language for my child's intervention?

**A.** Services are equally available in French and in English. Each family will be asked to select a language of service when enrolling in the program.

