



CERTIFICATE NO : ICRESMH /2025/C0425463

**A Study on Online Training Programs for Parents with ASD, Focusing
on ABA-Based Strategies and Techniques**

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ABSTRACT

Online training programs designed for parents of children with Autism Spectrum Disorder (ASD) have become an effective way to provide guidance and support in managing behavioral and developmental challenges. These programs primarily focus on strategies derived from Applied Behavior Analysis (ABA), a scientifically supported approach that aims to improve communication, social skills, and adaptive behaviors while reducing problematic behaviors. Through online platforms, parents are introduced to essential ABA techniques such as positive reinforcement, prompting, shaping, task analysis, and behavior monitoring. The digital format allows parents to learn through video demonstrations, step-by-step modules, interactive exercises, and real-life case examples, which help them understand how to apply these strategies in daily routines at home. One of the major advantages of online ABA-based training is accessibility, as parents can participate regardless of geographical location and can learn at their own pace. Many programs also provide opportunities for virtual coaching, discussion forums, and feedback from professionals, which further enhances parents' confidence and competence. By equipping parents with evidence-based behavioral techniques, these training programs empower them to become active participants in their child's developmental intervention. Ultimately, online ABA-focused parent training not only improves the effectiveness of home-based support for children with ASD but also strengthens the parent-child relationship and promotes long-term developmental progress.