

August 2020

EPIC STRIDES

The Official Newsletter of Epic Strides



YOUR SAFETY IS OUR #1 PRIORITY

Epic Strides is providing 1:1 services with the use of personal protective equipment (PPE) and stringent safety protocols both in home and in center. Discuss in home or in center options with your child's consultant. Please contact our office to schedule your appointment.

HERE'S A FUN ACTIVITY

Try Coin Rubbing: A timeless, classic activity that even adults can get involved with. Simply gather up a few different coins, place a sheet of paper over the top and use mixed crayons to 'rub' a colorful pattern into the paper.



WHAT A YEAR IT'S BEEN!

Every Day May Not Be Good,
But There Is Something Good
In Every Day!

ONLINE VIRTUAL EVENTS TO CONSIDER:

Autism Speaks has many FREE Virtual Events that you can sign up and attend throughout the month of August! We've shared a few, but please visit the link below to find more:

<https://www.autismspeaks.org/events>

August 3rd
12PM

VIRTUAL: COMEDY
IMPROV PUPPET
SHOW FOR KIDS

August 10th
10AM

VIRTUAL: STORY
HOUR AT BOOK &
PUPPET CO.

August 25th
10AM

FREE VIRTUAL
FAMILY MUSIC
CONCERT

PARENT TIP FOR AUGUST:

CHILDREN THRIVE ON ROUTINE. WORK WITH YOUR CONSULTANT TO ESTABLISH A ROUTINE AT HOME. WHATEVER ROUTINE YOU DECIDE TO PROMOTE AT HOME, REMEMBER THAT IT TAKES TIME FOR CHILDREN TO LEARN. BE CONSISTENT AND DON'T GIVE UP!