

October 2020

# EPIC STRIDES

The Official Newsletter of Epic Strides

## EPIC REMINDERS

*Make October spooky:  
Wear a Halloween  
costume to sessions all  
month long!*

## 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.

## NEW SCHEDULES

*All new schedules begin September 8th so remember to verify your schedule on Central Reach.*

## HELLO OCTOBER!

Q: Why don't skeletons ever go trick or treating?

A: Because they have no-body to go with



## THINGS TO DO AT HOME - SENSORY FRIENDLY ACTIVITIES

Here's another link for more fun & interactive virtual tours for your little one!

[https://www.autismspeaks.org/events?location=&location\\_lat=&location\\_lng=&page=5](https://www.autismspeaks.org/events?location=&location_lat=&location_lng=&page=5)

10/03

Family story  
time

10/05

Virtual visit to the  
New England  
Aquarium

10/06

At-Home Discoveries  
From the Discovery  
Children's Museum

## PARENT TIP FOR OCTOBER:

PRACTICE GIVING YOUR CHILD CHOICES: YOUNGER CHILDREN CAN HANDLE TWO CHOICES: MILK OR JUICE? SNEAKERS OR SHOES? YOU DO IT OR ME? WALK OR RUN? AS CHILDREN GET OLDER WE CAN OFFER MORE CHOICES: BEFORE DINNER, AFTER DINNER, OR IN THE MORNING? WEAR YOUR COAT, CARRY IT, OR PUT ON A SWEATSHIRT?