

DECEMBER 2020

EPIC STRIDES

The Official Newsletter of Epic Strides

EPIC REMINDERS

We will be closed Thursday, Dec. 24th - Friday, Dec. 25th and Friday Dec. 31st in honor of the Holidays.

YOUR SAFETY IS OUR #1 PRIORITY

With the holidays approaching, it is important to keep practicing social distancing. Keep in mind, you can stay connected with family and friends via Facetime, Zoom, or even a simple phone call. Have a happy and safe holiday season.

HELLO DECEMBER!

Q: What do you call a blind reindeer?

A: I have no eye deer.

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



- **12-09-20: Pajama Storytime**

https://www.autismspeaks.org/events?location=&location_lat=&location_lng=&page=5

- **12-16-20: Free online arts workshop**

https://www.autismspeaks.org/eventslocation=&location_lat=&location_lng=&page=5

- **Holly Jolly Holiday Lights in the Park**

<http://www.coppelltx.gov/Pages/Holidays.aspx>

PARENT TIP FOR DECEMBER:

HELP AND ENCOURAGE YOUR CHILD TO GIVE GIFTS. THIS PROVIDES AN EXCELLENT OPPORTUNITY TO WORK ON SOCIAL SKILLS, LIKE THINKING OF OTHER PEOPLE'S NEEDS AND INTERESTS, AND BEING KIND AND HELPFUL. DON'T PUT UP THE DECORATIONS WHEN YOUR CHILD IS SLEEPING - IF POSSIBLE, GET THEM INVOLVED. IF FAMILY AND FRIENDS ARE STRUGGLING FOR IDEAS FOR CHRISTMAS PRESENTS, EMAIL THEM A LINK TO A WEBSITE OF SENSORY TOYS. WHEN GIVING GIFTS MAKE SURE ALL PACKAGING IS REMOVED, BATTERIES ARE IN, AND IT IS SET UP READY TO USE AS SOON AS SHE'S UNWRAPPED IT. FOR SOMEONE WITH LIMITED ATTENTION AND SUSPICION OF NEW THINGS IT CAN MAKE THE DIFFERENCE BETWEEN ACCEPTANCE AND REJECTION.