

Epic Strides
Always A Step Ahead



EPIC NEWS

The Official Newsletter
of Epic Strides

A Note from Epic Strides...

Happy New Year!

"Go confidently in the direction
of your dreams."

- Henry David Thoreau

EPIC REMINDERS

PARENTS - Please submit
your new insurance cards
for 2022 if your policy has
changed.

We will be closed Monday,
January 17th in honor of the
MLK Holiday.

JANUARY PARENT TIP

MAKE YOUR OWN HAPPINESS A PRIORITY.

If you are stressed, those
around you will sense it. Do
not neglect your own needs.
Make sure to add in healthy
choices that focus on YOU
too. Beyond benefitting your
own physical and mental
health and well-being, some
simple self-care can also
have a positive impact on
your kids.

- Homebridge

SENSORY ACTIVITY

ICE CUBE TRANSFER

A twist on the traditional
sensory bin. Have two large
plastic bins or baking pans
available. Fill one with water
and a touch of food coloring
(we like blue, green or red for
this activity) and the other
with all the ice cubes you can
fit. Encourage your child to
scoop the ice cubes from one
bin to the other using a range
of spoons, cups and tongs.
Try this out on a large towel
or even in the bathtub!

CHILDREN'S THEATER

DRAGONS LOVE TACOS - January 22nd - 1:30PM

A boy and his dog are watching a TV show about
dragons when a mind-blowing secret is revealed:
Dragons love tacos! This hilarious, dance-filled
journey into the field of Dragonology is equal
parts ridiculous and delicious, and has all the
ingredients for a fantastic time!

The show begins at 1:30pm and it is only \$5 per
person at the Dallas Children's Theater.
Recommended for ages 4 and up.

Visit <https://www.dct.org/sensory/> to get your
tickets today!

SENSORY FRIENDLY OUTING

Looking for a place to take your little one?
Visit <https://www.werockthespectrumdallas.com>

2022

HAPPY NEW YEAR



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