

Epic Strides

Always A Step Ahead



# EPIC NEWS

The Official Newsletter  
of Epic Strides

## A Note from Epic Strides...

We teach some Au-some kids and we are so excited to celebrate Autism Awareness Month all April

## CHILDREN'S THEATER

THE LION, THE WITCH, & THE WARDROBE  
April 2nd - 1:30PM

One of the most celebrated books in children's literature and the #1 most requested DCT play returns to the stage to create a remarkable world of magic. Join young adventurers Peter, Susan, Edmund, and Lucy as they step through the not so ordinary wardrobe and into the mythical land of C.S. Lewis' Narnia. Facing fantastic creatures and fierce battles in the heart and on the land, the four siblings must find the courage to battle the treacherous White Witch in order to end the deadly eternal winter in the beautiful forest. Guided by the all-knowing Lion, Aslan, these discoverers learn to cast aside their own fears to find the heroes within themselves.

The show begins at 1:30pm and it is only \$5 per person at the Dallas Children's Theater. Recommended for ages 7 and up.

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

## EPIC REMINDERS

- We are closed Friday, April 15th for Good Friday.
- Our Epic Strides Office will be closing at 4:00PM on Thursday, April 21st for our monthly staff training.
- April 30th: Autism Awareness Day Event- 12-3PM- Join us for Games, Giveaways, Ambulance & Emergency Room Tours

## APRIL PARENT TIP

### VISITING THE ER



Visits to the emergency department can be stressful for everyone involved, especially for children with autism spectrum disorder (ASD). Planning for visits can help alleviate stress and avoid potentially problematic situations.

Before leaving for the emergency department:

- Bring things you know your child likes and finds comforting.
- Make sure you have enough distractions and snacks.
- Pack a charger for electronics.
- Gather preferred items, activities and snacks
- Noise canceling Headphones

When you arrive:

- Let your child play with her preferred items.
- Use strategies you know will keep your child calm.
- Praise your child for good behavior while waiting.
- Give relevant information about your child to the staff. You will likely work with multiple staff members during your visit. Explain all information to each person you work with.
- Describe how your child communicates.
- Provide important information the staff needs to know. For example, if certain items commonly seen in the hospital setting, such as sounds from different devices, have resulted in problem behavior in the past, ask that the items be removed.
- Assist the staff in making your child comfortable



# EPIC NEWS





# EPIC EVENT



SIGNATURECARE 24 ER  
PRESENTS

# AUTISM AWARENESS DAY

Come celebrate National Autism Awareness Month with us by having a fun and positive experience with our medical professionals. Let's make a plan for coming to the ER!

**APRIL 30TH, 2022**  
**12 PM TO 3 PM**  
**3670 SH 121, PLANO, TX 75025**

GAMES | AMBULANCE & ER TOUR | GIVEAWAYS