



EPIC NEWS

The Official Newsletter
of Epic Strides

A Joke from Epic Strides...

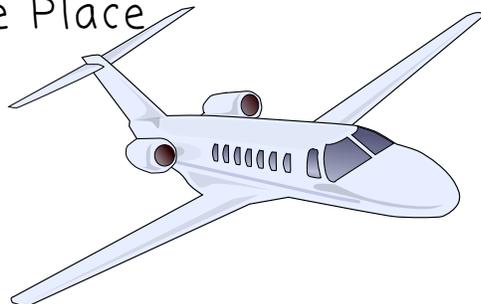
What did the flag do
when it lost its voice?

- It Just Waved

SUMMER TRAVEL IDEAS

Check out these fun places to travel.

1. Beach
2. Camping
3. Cruise
4. Legoland
5. Aquatica Orlando - first water park in the world to receive a Certified Autism Center distinction
6. Yellowstone National Park
7. San Diego Zoo
8. Sesame Place



EPIC REMINDERS

- We are closed July 4th-5th for the 4th of July Holiday
- Our Epic Strides Office will be closing at 4:00PM on Thursday, July 21st for our monthly staff training.

JULY PARENT TIP



TIPS FOR AN AUTISM-FRIENDLY FOURTH OF JULY

July 4th is a wonderful holiday to celebrate, but it's also a noisy and busy one. This can present challenges for people on the autism spectrum.

1. Prepare your child in advance. Talk about what's going to happen at the party or fireworks display. You can show your child an online video of fireworks - perhaps playing it quietly first, then slowly turning up the volume.
2. Focus on the fun! Tell your child why you enjoy fireworks or a holiday barbecue with friends. Let them see that you're excited to attend!
3. Bring along favorite items/ snacks such as sensory toys, games, favorite snack. This can provide a crucial distraction if your child gets antsy while waiting for activities to start.
4. Create a special space for your child that is "their own" by bringing along a favorite blanket, towel or chair.
5. Consider bringing headphones to help block out excessive noise. As we all know, fireworks can pack a lot of sensory stimulation. Also, consider sitting some distance from the display - someplace you can still see the colorful explosions, but without the intense noise.
6. Make sure your child knows how to ask for a break from the party or noise. If your child is verbal, they may only need a reminder. However, some children do best with a visual aid. For example, provide your child with a special card to hand to you when they need a break from the stimulation

- Autism Speaks



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