

Epic Strides

Always A Step Ahead



EPIC NEWS

The Official Newsletter
of Epic Strides



CRAYOLA EXPERIENCE PLANO

Sensory-Friendly Activities

Sensory Friendly Sundays at Crayola Experience Plano are back! See Upcoming Dates Below:

- October 16th -

On the third Sunday of select months Sensory Sundays are offered. These special mornings are designed for kids and families who would like to experience the attraction adapted just for sensory needs. The attraction opens at 10:00am-12:00pm.

- Lights will be dimmed & Music will be turned off
- Quiet room available
- Special guided craft at Cafe Crayola
- Crayon Factory Show @ 11:00am

WE ROCK THE SPECTRUM KID'S GYM

The Gym for All Kids

We Rock the Spectrum Kids Gyms was founded to provide a place for children of all ability levels to play and grow together. It includes:

- Suspended equipment with swings - for balance and vestibular treatment & Crash mats and crash pillows - for fun, motor planning, and strength
- Zip line - for stress release and joint and body relaxation
- Trampoline - for building leg and core strength
- Indoor play structure - for climbing & increasing playground skills
- Sensory-based toys - for improved auditory processing and fine motor skills & Fine Motor and Arts and Crafts Area - for improved hand-eye coordination

<https://www.werockthespectrumkidsgym.com>

EPIC REMINDERS

October Fun:
Mon., Oct 24: PJ Day
Tues., Oct 25: Spooky Socks
Wed., Oct 26: Halloween Hat or Shirt
Thurs, Oct 27: Tacky Halloween
Fri., Oct 28: - Costume

PARENT SAFETY REMINDER

Please drop off your child with a therapist or speech provider prior to leaving the lobby.

OCTOBER PARENT TIP



The Parent as Co-Therapist in ABA Therapy

ABA parent training is an extremely valuable component of a child's ABA services. When a parent is open to learning and implementing strategies that have been recommended by a behavior analyst and individualized for their child, they can support the child's growth and development and quality of life. Additionally, research shows that ABA parent training can lead to parents feeling less stress in their daily life and that overall family well-being can be improved. By participating in ABA, especially through parent training services, parents can help their child improve communication skills and social skills as well as many other skills.

Parent training is an essential component of quality ABA service. When parents are active participants in their child's treatment, the child is more likely to be successful.

Schedule a weekly parent training with your BCBA today!





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