



NOVEMBER 2023

# EPIC STRIDES NEWS

The Official Newsletter of Epic Strides



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Q: Why was the turkey the drummer in the band?

A: Because he had the drumsticks!

## LOCAL ACTIVITIES

### SENSORY FRIENDLY ACTIVITIES

Checkout this list of fun local activities to do in the Dallas/Fort Worth Metroplex.

<https://dfwchild.com/sensory-friendly-attractions-in-dallas-fort-worth/>

## NOVEMBER FUN

### MEOW WOLF

It's a full-scale sci-fi fantasy inside this new immersive arts attraction inside Grapevine Mills. It's the first location in Texas too. The only thing more fascinating than Meow Wolf's The Real Unreal exhibition is that it's also a Certified Autism Center. That means the staff has been trained in interacting with and supporting visitors with autism. Ask about the free sensory bags with noise reduction headphones, sunglasses and sensory toys and—later this year—for the visual description for blind and low vision guests.

**Location:** Grapevine Mills, 3000 Grapevine Mills Parkway, Suite 253, Grapevine, located on the east side of the mall between Neiman Marcus and Fieldhouse, near entrance two.

**Hours:** Open year-round. Daily at 10am,

**Pricing:** Admission from \$45 for adults 13 and up, and \$40 for children 4-12, Free for children under 4. Go online to reserve your timed entry tickets.

**Contact:** 866-636-9969; Learn more: [meowwolf.com](http://meowwolf.com)

## CHILDREN'S THEATER

### A CHARLIE BROWN CHRISTMAS November 18th - 1:30PM

We're fortunate that Christmastime means Charlie Brown, Linus, Lucy, Snoopy, and friends are back at DCT by popular demand! Rediscover the true reason for the season while sharing laughs with the Peanuts Gang along the way. As a live combo fills your heart with music, merriment, and warmth, Charles Schulz's classic special makes you nostalgic for days gone by. Button up your coat, and meet us on the ice as the Baker Theater becomes a most awesome skating rink!

#### Recommended for ages 5 and up

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

Recommended for ages 5 and up. Visit <https://www.dct.org/sensory/> to get your tickets today!

## EPIC REMINDERS

Our Epic Strides Office Closing for the Thanksgiving Holiday:

Wednesday, November 22nd: 2PM

Thursday, November 23rd: **CLOSED**

Friday, November 24th: **CLOSED**

## PARENT SAFETY REMINDER

Please make sure you are signing your child's appointments every day on [Central Reach](#).

If you need assistance please contact Jill.

## NOVEMBER PARENT TIP

### AUTISM-FRIENDLY THANKSGIVING FOOD AVERSION TIPS!

#### 1. Offer Small Bites.

- When introducing a new food, simply offer a small bite, so there isn't pressure to complete a significant portion. Eating a small slice of turkey might feel less intimidating than consuming a whole leg!

#### 2. Thoughtfully Pair Foods.

- Serve foods you know your child already loves with new or previously rejected things. For each bite of new food your child dislikes, you can offer them a taste of something they enjoy! Pair exploring new foods with having a positive experience.

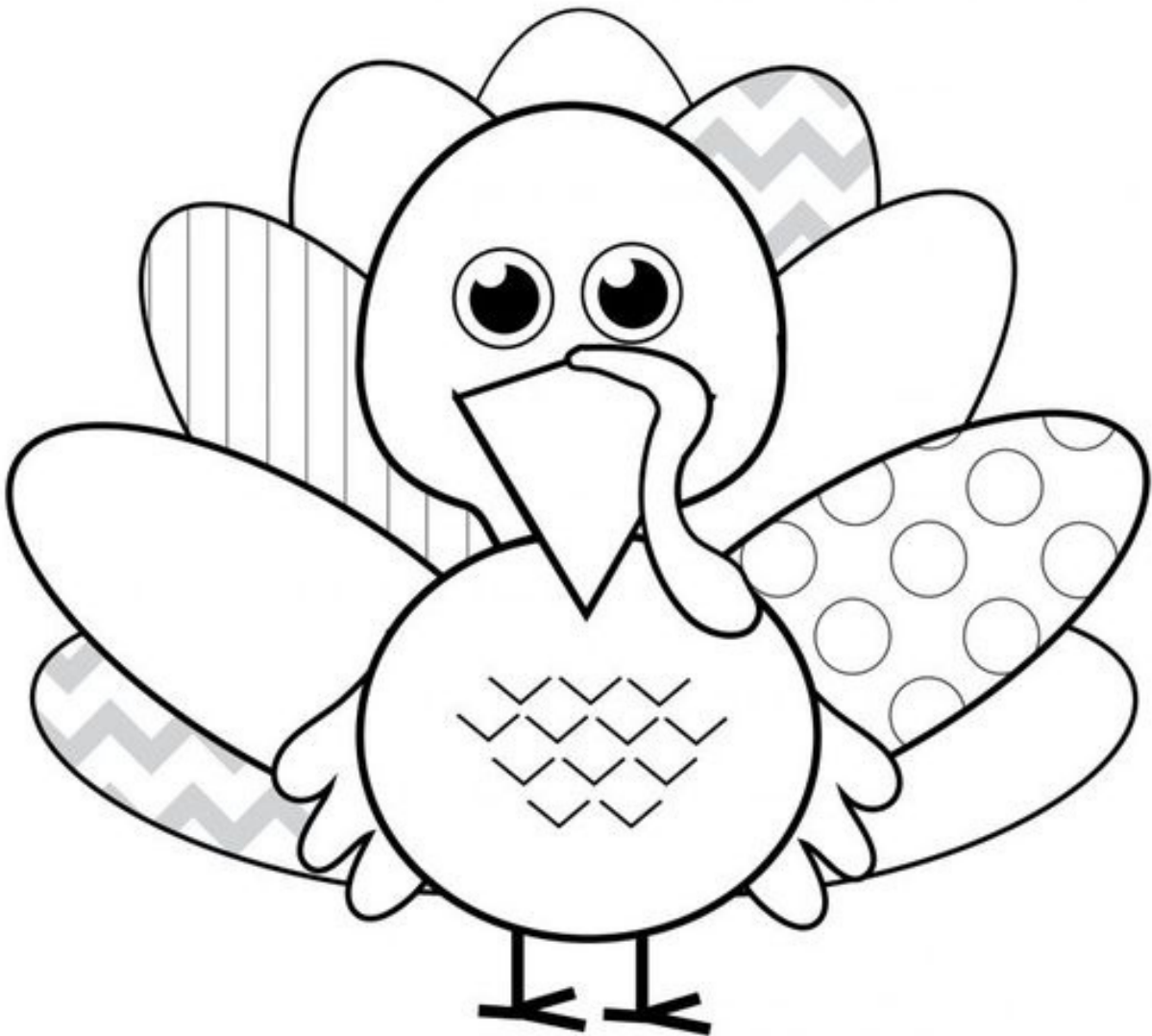
#### 3. Implement a Careful Reward System.

- Assign points, tokens, or some value to trying new foods or foods your child doesn't organically enjoy. Reward them for eating these foods with points towards extra iPad time or their choice of activity. Make sure that the reward you select is motivating for the child! Steer clear of bribery, which doesn't work for the long term!

#### 4. Provide Gentle Exposure.

- For example, if your child rejects a particular food but you know it will be on the Thanksgiving Day table, reintroduce it slowly. For instance, if your child hates fruit, place it on the coffee table during a fun game night. Once the child can tolerate the presence of the food, slowly integrate it into the table during mealtimes. Next, place it on their plate, but set no demands to eat it. Eventually, work up to a tiny bite when they can tolerate it. By the time it's served or seen on thanksgiving, the distress should be minimized!

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Gobble Gobble