



DECEMBER 2023

# EPIC STRIDES NEWS

The Official Newsletter of Epic Strides



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**Q:** Why did the boy keep his trumpet in the freezer?

**A:** Because he liked cool music.

## 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/>

## DECEMBER FUN

### SENSORY FRIENDLY HOLIDAYS

Sensory-Friendly Photos with Santa for children and adults with autism and their families. Enjoy a day of family fun with photos, activities, goody bags, and more!

#### Date & Time:

December 1st & 2nd  
Friday: 4pm to 8pm  
Saturday: 9am to 2pm



#### Address:

Autism Treatment Center  
10503 Metric Drive, Dallas 75243

Free event. Pre-Registration required.  
1 time slot per family.

<https://www.atcoftexas.org/santa.html>

## CRAYOLA EXPERIENCE PLANO

### SENSORY-FRIENDLY ACTIVITIES

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

- December 17th -

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

## EPIC REMINDERS

Our Epic Strides Office Closing for the Holiday Season:

Friday, December 22nd: **CLOSED**  
Monday, December 25th: **CLOSED**  
Monday, January 1st: **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.

## DECEMBER PARENT TIP TIPS FOR A MEETING WITH SANTA!

**Talk about Santa in a way your child can understand.**

- This step varies from child to child, but the important part is to introduce the idea of Santa before ever meeting him in person.

**Incorporate videos, photos and books about the experience.**

- While discussing Santa, show your child photos of him with other children. YouTube can also be a great resource to show them what the experience with Santa will look like.

**Practice meet-and-greet elements at home.**

- For example, practice standing in line, waiting and answering specific questions, like, "what is your name?" and "what do you want for Christmas?" verbally, with an ACC device or any other preferred form of communication.

**Bring reinforcement with you to the "big day."**

- Having ready-to-go reinforcements during the visit can increase motivation and reward for the child in order to create an overall positive experience.

**Make your arrangements in advance.**

- Consider calling ahead or having a family member stand in line to give the photographer and Santa a heads-up on what is needed. Reserve your session in advance (if possible) or consider attending during slower hours, such as weekday mornings.

**Arrange your own private meeting.**

- Bring Santa somewhere more comfortable instead. Rent or buy a Santa costume and have a family member or close friend (someone who understands the challenges associated with ASD) dress up to play the role of Mr. Claus.

-HopeBridge Therapy Centers

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