



SEPTEMBER 2024

EPIC STRIDES NEWS

The Official Newsletter of Epic Strides



VISIT OUR WEBSITE

EPIC REMINDERS

Please call Epic Strides main number for all scheduling related questions: 972-596-0035

Our office will be closed for the Labor Day holiday, Monday September 2nd.

SEPTEMBER PARENT TIP

6 IDEAS FOR PRACTICING SOCIAL SKILLS

1. Daily Intentional Social Engagement

Aim to socially interact with your child at least once a day. Set this time aside intentionally.

2. Practice Play

More specifically, practice social skills by getting involved in pretend play with your child, such as shopping at the store or pretending to cook together in a play kitchen.

3. Set Up Play Dates

In order for your child to learn how to connect with other kids and build self-confidence, encourage practicing social skills similar to their neurotypical peers. Connect with parents and set up play dates.

4. Watch a Video of a Social Activity

If your child tends to get anxious before going somewhere where they'll interact with others, it may be helpful to show a video of the place beforehand. If your child has a tough time doing social activities, such as going to the theatre to see a play or musical, find a video of another kid going to the theatre.

5. Practice Social Skills Learned in ABA Sessions

Since social skills are worked on consistently in ABA Therapy, if your child is enrolled, it's crucial that skills are generalized outside of therapy.

6. Take Breaks and Create a "Safe Space"

We all need breaks from socializing, especially kids with autism. Children with autism tend to get overstimulated and overwhelmed much more than neurotypical kids. Create a safe space free from sensory or social overload, where your child can take a break when needed.

SENSORY FRIENDLY STATE FAIR OF TEXAS

[LEARN MORE BIGTEX.COM/SENSORY](https://www.bigtex.com/sensory)

For the sixth year, the State Fair of Texas is offering Sensory Friendly Mornings at the Fair every Wednesday - October 2, 9, and 16, from 10 a.m. to 1:30 p.m.

Providing a family-friendly environment is at the core of the State Fairs mission. Therefore, the Fair is excited to bring back Sensory Friendly Mornings for a sixth year. The Fair collaborated with the International Board of Credentialing and Continuing Education Standards (IBCCES) and other local organizations to devise ways to make Sensory-Friendly Mornings beneficial and fun for all who choose to attend, with the goal of creating opportunities for people to experience the Fair in a more accessible way.

On Sensory Friendly Mornings, adjustments are made across fairgrounds to accommodate any sensory-related concerns. The Fair has created a special guided itinerary with a list of activities and exhibits that are easy on the eyes and ears.

You can find the itinerary at [BigTex.com/Sensory](https://www.bigtex.com/sensory) to start planning your visit. Fairgoers will also be able to enjoy all the Midway fun without the usual lights and sounds from 12 p.m. to 1:30 p.m. in the fairground areas designated as "Quiet Zones." Families can go to these areas should they need to depressurize. Please note that the usual lights and sounds of the Midway will return at 1:30 p.m.

Each person who brings five canned food items to donate to North Texas Food Bank will receive \$5 admission.

The Fair welcomes individuals with autism, their families, and anyone else who may benefit from a sensory-friendly experience to come out and enjoy the Most Texan Place on Earth on Sensory Friendly Mornings. For more information, visit [BigTex.com/Sensory](https://www.bigtex.com/sensory) or contact the Director of Communications, Taylor Pulfer, at tpulfer@bigtex.com.

By: Emily Crane
Healing Haven



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