



OCTOBER 2024

EPIC STRIDES NEWS

The Official Newsletter of Epic Strides



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EPIC REMINDERS

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

OCTOBER PARENT TIP

HALLOWEEN DAY: TIPS FOR KIDS WITH ASD

- Know your child's limits and do only what he or she can handle. For example, if your child is not comfortable trick-or-treating, you can start by going to three houses. Assess how your child is doing and build up to more houses the following year.
- Take your child to an activity in the community, such as a school festival or a neighborhood party where the child is already comfortable and knows people.
- Partner with family and friends that your child likes.
- If you are giving out candy at your home, give your child the option to give a piece of candy. During the day, practice greeting people and giving out candy.
- If your child is afraid of going out at night, plan indoor or daytime Halloween activities.

CHILDREN'S THEATER

GRACE FOR PRESIDENT

DATE: OCTOBER 13TH | TIME: 1:30PM

Adapted from the book *Grace for President* by Kelly DiPucchio, one day in class, Grace Campbell discovers there has never been a female president. "Where are the girls?" she asks, as her teacher rolls out a poster of all U.S. presidents. Frustrated by the lack of female faces in the White House, Grace decides she wants to be president and inspires a school election. She seems the likely winner until the most popular boy runs against her. Through the musical throes of campaigning and pep rallies, service projects and posters, Grace and her classmates discover what it takes to be the best candidate and find the fun and hilarity in the wonderful world of 3rd grade politics! Join us in Mrs. Barrington's classroom this election year! Recommended for ages 6 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!

SENSORY FRIENDLY STATE FAIR OF TEXAS

LEARN MORE 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. 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 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 or contact the Director of Communications, Taylor Pulfer, at tpulfer@bigtex.com.





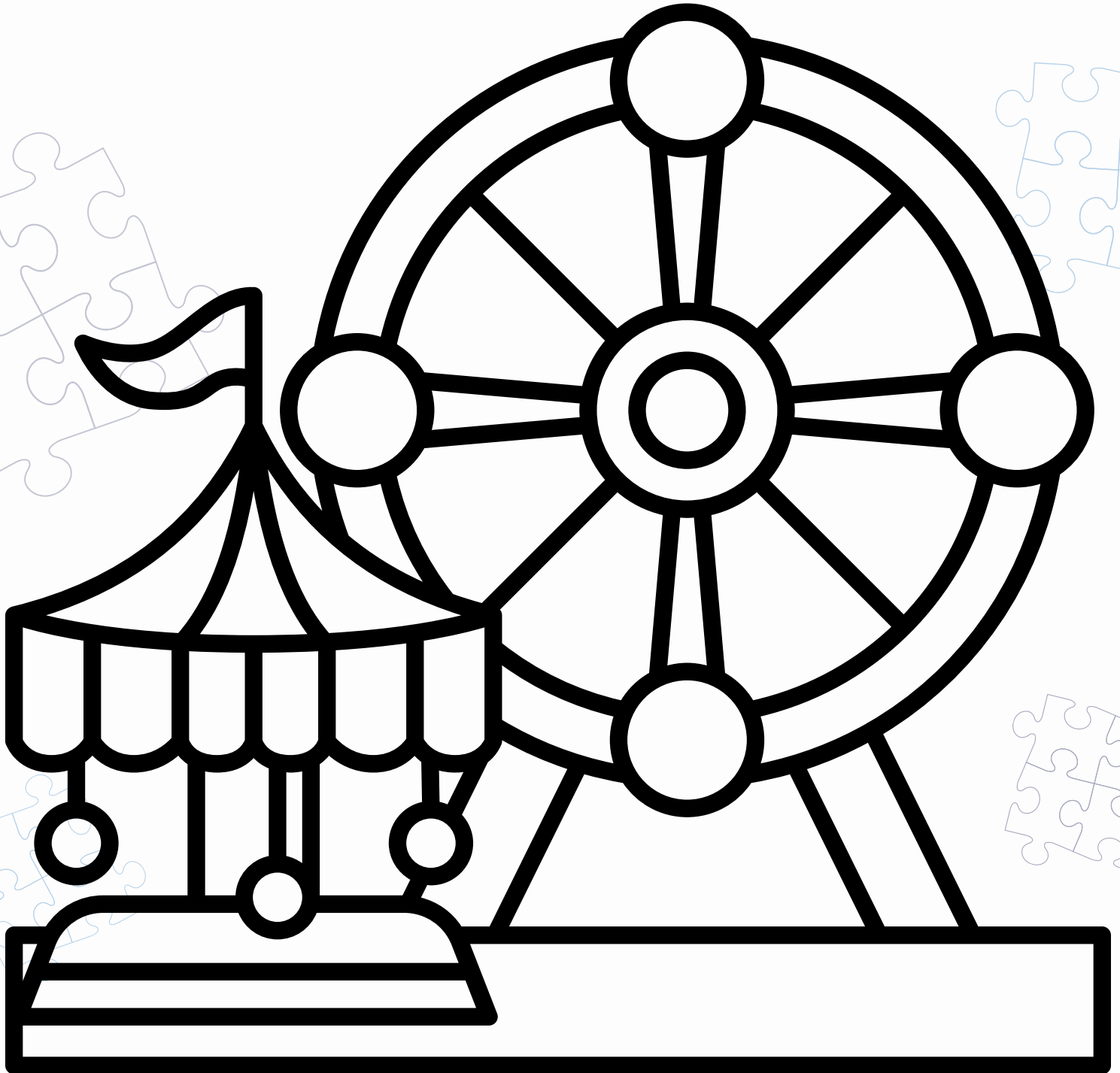
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