



NOVEMBER 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.

NOVEMBER PARENT TIP

5 TIPS FOR A SENSORY-FRIENDLY THANKSGIVING

Plan Ahead

- Families & friends should plan ahead and all be aware of the day's itinerary and accommodations. Pack a "safety net bag" with calming items, address any substitutes, and if needed, discuss an exit strategy.

Set Expectations

- Routines will be broken around holiday celebrations so it's important to set expectations through a picture schedule, written timeline, checklist, or conversation; Share details about the day's process, attendees, sights, sounds and smells that the individual will encounter.

Create a Safe Space

- Plan a safe space in advance, for your loved one to take sensory breaks when needed; dim the lights, reduce noise and provide other specific comforts to help keep calm. Keep the safe space undisturbed.

Sensory Awareness

- Keep guests and/or hosts aware of sensory needs, so substitutes or accommodations can be made. Incorporate sensory breaks in the safe space, to prevent the individual from becoming overwhelmed.

Favorite Fall Backs

- Make sure there are foods he/she enjoys on the menu; do not try to force new foods or textures, and pack some favorite foods as a backup. Also pack favorite sensory items, toys, books, and clothes to ensure comfort and calmness.

KID'S 'N PLAY

ASSEMBLY PARK, 1717 EAST SPRING CREEK PARKWAY, PLANO, TX, USA

Embark on a creative adventure for the whole family at Assembly Park! Join us outdoors for Family Fun: Outdoor Art Sensory Play. Let your imagination bloom as we dive into vibrant colors, creating unique masterpieces together.

Each child will be provided a child-size apron & art kit. This interactive event is perfect for all ages. FREE Admission.

RSVP Here:

<https://www.eventbrite.com/e/kids-n-play-tickets-1043024643787>

CHILDREN'S THEATER

A CHARLIE BROWN CHRISTMAS
DATE: NOVEMBER 16TH | TIME: 1:30PM

Holidays at DCT mean Charlie Brown, Linus, Lucy, Snoopy, and friends are back by popular demand! Discover the meaning of Christmas, or experience the nostalgia of your childhood, while sharing laughs with the Peanuts Gang along the way. As a live jazz trio fills your heart with music, merriment, and warmth, this story based on the Charles Schulz classic special is here just in time for the holidays. Button up your coat, and meet us on the ice as the Baker Theater transforms into an awesome skating rink!

The show begins at 1:30pm and it is only \$5 per person at the Dallas Children's Theater. Purchase by phone only 214.740.0051.

Recommended for ages 5 and up. Visit <https://www.dct.org/sensory/> if you have additional questions.

SENSORY FRIENDLY EVENTS

CHUCK E. CHEESE

1st Sunday of every month, participating Chuck E. Cheese locations.
Plano: 1604 Preston Road, Plano TX 75099
November 3, 9:00am - 11:00am

CRAYOLA EXPERIENCE

Join us on the third Sunday of each month for Sensory Sunday! Enjoy the attraction adapted just for sensory needs.
November 17, 11:00am - 1:00pm





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FALL SEASON