



FEBRUARY 2025

# 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.

Winter Weather Advisory: Office closings due to weather are dependent upon Plano ISD & Frisco ISD conditions.

## FEBRUARY PARENT TIP

### AUTISM SPEAKS

- 1. Use time to decrease transitional tantrums:** Use Minute Warnings/Timers: Your child may need a 5 minute, 2 minute, or 1 minute warning before there is a change of activity.
- 2. First/then:** For many of these situations we use first/then. "First\_\_\_\_, then\_\_\_\_" statements are used to help a child finish a task before getting something motivating.
- 3. Reward positive behavior:** For some children- praise means nothing. It's not rewarding, therefore, it does not increase the good behavior. In this case you must find something that IS rewarding. Sometimes a small reward is offered- a piece of candy or a token or sticker that when accumulated can be used towards a greater reward
- 4. Focus on what you want the child to do, not what you want them to STOP doing:** This lets the child know exactly what you WANT them to do. 'Stop screaming' becomes, 'Quiet please', 'Don't color on the table' becomes 'Only color on the paper'. It's counter-intuitive to the ways most of us usually parent but it works.
- 5. Remain Calm (YOU!):** I remind myself that I am the adult and if I expect my child to modify their behavior then I must too. Children don't always have the language to explain what they want and need and that can be extremely frustrating for them.

## SENSORY SATURDAYS

PLANO PARKS & RECREATION -  
OAK POINT RECREATION CENTER  
FEBRUARY 22ND -  
TIME: 10:00 AM - 10:45 AM

Sensory Saturday is here!



Get ready for a fun-filled day of messy play, exploring textures, and vibrant colors! Your little ones (ages 2-6) will develop fine motor skills, creativity, and confidence while having a blast.

Parents must attend with child. Dress for mess!

Don't miss out on this sensory adventure held at 10am on Saturdays each month at Oak Point Recreation Center, starting on Feb. 22. Register at Plano Recreation online, activity **#77269**. Here is a [direct link](#) to register:

<https://anc.apm.activecommunities.com/planoparksandrec/activity/search/detail/79860>

## BUILD-A-BEAR

SENSORY FRIENDLY EVENT  
EVERY TUESDAY FOR THE FIRST HOUR  
OF THE DAY

Build-A-Bear Workshop means fun for everyone! We're proud to support children with autism and other special needs by providing sensory-friendly events at all Workshop locations.

Sensory-Friendly time is designed to provide a less-stimulating Workshop experience that's still fun-filled and unforgettable.

Our Bear Builders are here to make sure each Guest goes through the Build-A-Bear experience in a way that's comfortable for them. To ensure the BEARY best experience, please talk to an associate to check store hours and plan your visit.



## CHILDREN'S THEATER

PETE THE CAT

DATE: FEBRUARY 1ST - TIME: 1:30PM

Based on the popular Pete the Cat series by Kimberly and James Dean, Pete the Cat thinks life is an adventure no matter where you wind up, so the minute the groovy blue cat meets The Biddles, he gets the whole family rocking. Well everyone, except for young Jimmy Biddle, the most organized second grader on planet Earth. So when Jimmy draws a blank in art class during the last week of school, it turns out Pete is the perfect pal to help him out.

Together, they set out on a mission to help Jimmy conquer second-grade art, and along the way, they both learn a little something new about inspiration. Join Jimmy and Pete on an adventure of friendship, all the way to Paris and back in a VW Bus!

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 3 and up. Visit <https://www.dct.org/sensory/> if you have additional questions.





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# HAPPY VALENTINE'S DAY