



SEE WHAT'S HAPPENING AT OUR HIVES:



Throw out the rules this holiday season

There's a story going around on social media that feels particularly relevant this time of year. During the holidays with so much going on, it can be a little overwhelming. Gifts to purchase, social gatherings to attend, activities to create for the little ones while they're at home. All of it can pile on and paralyze us from time to time.

As the story goes, a person is overwhelmed by life, and the straw that breaks the camel's back is a pile of dirty dishes. The thought of having to scrub them before putting them in their subpar dishwasher is just too much to take. The person feels embarrassed to acknowledge this to their therapist, but the therapist nods calmly and offers a simple answer: Run the dishwasher twice. Without missing a beat, the person tells the therapist you're not supposed to. Then the therapist says: Why aren't you supposed to? If you don't want to scrub the dishes and your dishwasher is terrible, run it twice. Run it three times. Who cares? Rules do not exist, so stop giving yourself rules.

The point of the story is that we sometimes impose rules on ourselves that we think we must follow. They can overtake our lives and paralyze us. Don't let them. Learn to recognize that sometimes we don't need rules. Run the dishwasher twice, because there are no rules.

As the holidays roll on and more social and family commitments inevitably pop up, take a step back to make sure those rules you've created aren't getting in the way of your well-being and the well-being of your family. Just as it's okay to say 'yes' to some commitments, it's also ok to say 'no' to others. Remember, rules put limits on what's possible. Ignore some rules this holiday season and give yourself more possibilities for happiness.

What are some rules you've imposed on yourself? Are there rules you've learned to break? And what about those dishes? Is the rule in your house to rinse them off before putting them in the dishwasher? Email us at BUDDY@BEHAVIOREXCHANGE.COM – we'd love to know!

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IN THIS ISSUE:

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- PARENTS' NIGHT OUT (PNO)
- GROUP PARENT TRAINING (GPT)
- INSURANCE REVIEW
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- HOLIDAY SCHEDULES
- LETTERS
- DRESS UP DAYS
- OPEN ENROLLMENT

TBE Calendar

- 12/6: PNO (Parents' Night Out)
 - 12/12: GPT(Group Parent Training) and PNO
 - 12/15: Marketplace Enrollment deadline (for 1/1/2024 Coverage)
 - 12/20: PNO
 - 12/18-22: Dress up days
 - 12/25: Closure: Christmas Day
 - 12/26-29: Dress up days
 - 12/27: PNO
- Log on to our site and view selected events: [CLICK HERE](#)

Did you know?



The late months of the year, November and December, pack a punch when it comes to celebrating holidays. Christmas is a well-known holiday, but did you know there are

(Continued on next page)





Parents' Night Out (PNO)

Do you need just a few hours each week to get some holiday shopping done, or maybe run some errands? Maybe it's a date night you're really wanting? Have no fear, TBE is here! For 4 weeks in December we are bringing back by popular demand Parent's Night Out (PNO)! See our flier on pg. 7 of this newsletter and sign up!

Group Parent Training (GPT)

Join our founder and CEO Tammy Cline-Soza in this month's Group Parent Training. Tammy will be discussing and engaging in seasonal subjects like: taking care of ourselves so that we can give our best selves, tips for families during the holidays, how to identify and build upon your child's gifts, and behavioral principles: contingent reinforcement, holiday activity schedules. Read more on our GPT flier on pg. 8.

Annual Insurance Review for 2024—**Extended deadline**

In preparation for the upcoming new year, we are requesting all families share their 2024 insurance plans with us. Please complete the Annual Review form as soon as possible. [CLICK HERE](#) to submit. It is critical to notify our team of any potential change of insurance to avoid disruptions in your child's therapy services and unexpected out-of-pocket expenses. Questions? We're here to help!

Holiday time and holiday schedules

Do you already have a game plan for your holiday break? Schedules can get complicated, especially when it comes to your little ones. At The Behavior Exchange, we're seasoned experts in providing schedule stability during these festive times. Reach out today, share your plans, and let's ensure a smooth and enjoyable holiday season for all.

Here is our holiday break schedule for the remainder of the year:

Open: We will operate our regular schedule on Saturday, 12/23.

Closed: Christmas Day: Monday, 12/25

Open: We will resume regular schedule on Tuesday 12/26 through Saturday 12/30

Closed: New Year's Day, 1/1/2024.

Holiday letters

If you've been here for previous holiday seasons, you know about one of our most treasured traditions we have at The Behavior Exchange—holiday letters from you for us to share among us. The best part of this tradition is reading the heart-felt notes from families about the impact we've had. Knowing we've made a difference warms our hearts and fuels our passion for the work we love to do. We ask kindly that you consider sending us your notes. Look out for an email from our Intake experts.

Dress up days

For the weeks of December 18-22 and December 26-30, we have some fun days planned out for

(Continued on next page)

many, many other celebrations happening this time of year?

St. Nicholas Day (Dec. 5 or 6).

Also known as the Feast of Saint Nicholas, Christians honor the birthday of Saint Nicholas—the inspiration behind Santa Claus, given his proclivity towards gift-giving.

Immaculate Conception Day (Dec. 8).

Catholics celebrate the day of Immaculate Conception to honor the Virgin Mary, who is believed to have been born without original sin. The day is often celebrated by going to church and enjoying a festive meal together.

Bodhi Day (Dec. 8).

Also known as Rohatsu, this Buddhist tradition honors the day in which the Buddha—Siddhartha Gautama—is said to have achieved enlightenment. Many Buddhists celebrate it through meditation.

Feast Day of Our Lady Guadalupe (Dec. 12).

Mexicans and Mexican-Americans often celebrate the feast day of Our Lady of Guadalupe, the patron saint of Mexico who symbolizes patriotism and devotion. Millions of pilgrims typically visit the Basilica of Our Lady of Guadalupe in December to celebrate the festival, which marks one of several apparitions of the Virgin Mary that some Catholic believers say was witnessed by an indigenous Mexican man in 1531. The Virgin Mary's face is abundant in Mexico—in homes, shops and shrines.

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our staff and our clients to get into the holiday spirit. Come dressed in your favorite Santa hat or elf ears. Or another day, wear all red & green, or be as comfy as you can be for PJ day! Check out the schedule on pg. 9.

Marketplace® open enrollment for 2024 coverage

If you currently have a plan through the Health Insurance Marketplace, now's the time to renew your policy and secure continued ABA therapy coverage for 2024. Learn more from our flier on page 5 or click [HERE](#).

THE BUZZ AROUND DFW:



The Trains at NorthPark

November 11, 2023 to January 05, 2024. NorthPark Center: 8687 North Central Expressway, Dallas, TX, 75225. Benefitting the Ronald McDonald House of Dallas for the past 36 years, the Trains at NorthPark have been delighting the hearts and minds of young and old alike. Presented by Bank of Texas, this holiday family tradition has become a favorite for generations of Dallasites and includes 1,600 feet of track rolling from coast to coast on a whimsical rail journey across America. The trains travel from the autumn foliage of New England to San Francisco's Golden Gate Bridge with stops along the way to see New York City, Washington DC, our beautiful city of Dallas, and the desert Southwest including the Grand Canyon and the Garden of the Gods—we even have some interplanetary visitors from Outer Space! More than 50,000 visitors are entertained each season. This year, the exhibition is located on level one, next to Santa and Macy's. Children under 13 must be accompanied by an adult. Tickets can be bought online or in-person with debit or credit card only. [CLICK HERE FOR MORE INFO](#).

Holiday at the Arboretum

November 09, 2023 to January 05, 2024. Dallas Arboretum: 8525 Garland Road, Dallas, TX, 75218. Holiday at the Arboretum, presented by Reliant, features three large-scale outdoor exhibits ready to dazzle and get people in the holiday spirit. They include The Christmas Village, The 12 Days of Christmas and the 50-foot-tall Dazzling Musical Tree. These displays are creatively designed for the 66-acre garden and are open to the public both in the daytime and evening. In the historic DeGolyer House, visitors can experience the epitome of holiday enchantment at the Christmas Classics exhibit. Holiday at the Arboretum also showcases live, seasonal performances from local schools, churches, community groups and local professionals in

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Hanukkah (Dec. 18-26). The eight-day Jewish holiday of Hanukkah begins Dec. 18. A central part of the Jewish Festival of Lights entails the lighting of a nine-branched menorah each night. (The ninth candle is used to light the others.) The ritual symbolizes how one day's worth of oil miraculously lasted for eight days during a battle between a small group of Jewish people and the powerful Greek-Syrian army in 165 B.C. Per Jewish tradition, they are said to have emerged victorious and reclaimed the Holy Temple in Jerusalem. Customary foods include latkes (potato pancakes), sufganiyot (jam-filled donuts) and brisket. Children often play with a dreidel (a spinning top with Hebrew letters).

Yule (Dec. 21-Jan.1). Wiccans and Neo-Pagans celebrate the winter solstice (the darkest day of the year, on Dec. 21) through the festival of Yule. The winter solstice marks the shortest day and longest night of the year; Yule celebrates the re-emergence of the sun and the days beginning to grow longer again. The festival was first celebrated in Scandinavia as a Norse festival. A common tradition is burning the yule log, which originally was done to celebrate the sun's return. It has since also been folded into a Christmas tradition. In fact, Yule became associated with Christmas in the 9th century, although some still stick to the original Yule celebrations.

Boxing Day (Dec. 26). A British tradition that occurs the day after Christmas and dates back to the 1800s when Queen Victoria ruled the throne. At the time, it

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DECEMBER 2023 NEWSLETTER



The Christmas Village. Other special events include holiday tea (daily) and vendor markets (select weekends). **The Christmas Village:** Inspired by European Christmas Markets, or Christkindlmarkt, The Christmas Village is comprised of charming shops and façades representing a quaint European hamlet. The Christmas Village is wonderful during the day, but it's magical at night with lighted trees, shop owners passing out samples and live entertainment. Each house is individually designed for the Dallas Arboretum, with the Christmas Village as an attraction for everyone. [CLICK HERE FOR MORE INFO.](#)

Elf the Musical Jr.

November 18, 2023 to December 19, 2023. Upright Theatre Co.:2501 North Main Street, Suite 210. Euless, TX, 76039. Upright Theatre in Euless presents Elf the Musical Jr. This modern-day holiday classic is sure to spread holiday cheer and make audiences young and young-at-heart embrace their inner elf. Children are encouraged to dress in their best holiday attire and will have an opportunity to meet Buddy and friends after the show. Synopsis: Buddy, a young orphan, mistakenly crawls into Santa's bag of gifts and is transported to the North Pole. The would-be elf is raised, unaware that he is actually a human, until his enormous size and poor toy-making abilities cause him to face the truth. With Santa's permission, Buddy embarks on a journey to New York City to find his birth father and discover his true identity. Faced with the harsh reality that his father is on the naughty list and that his half-brother doesn't even believe in Santa, Buddy is determined to win over his new family and help New York remember the true meaning of Christmas. [CLICK HERE FOR MORE INFO.](#)

Texas Christkindl Market

November 24, 2023 to December 23, 2023. North Plaza at Globe Life Field: 1650 East Randol Mill Road, Arlington, TX, 76011. Enjoy the charm of a German Christmas here in the Metroplex with the 13th annual Texas Christkindl Market. This traditional European-style market brings the charm of German Christmas markets right to your doorstep. As you stroll through the market, you'll be immersed in a world of twinkling lights, enchanting decorations, and the aroma of delicious food. From unique handcrafted gifts to mouthwatering treats, there's something for everyone in the family to enjoy. The Market is open daily from 11 am to 8 pm beginning November 24 through December 23 and is located in the North Plaza of Globe Life Field in Arlington. Visitors will discover handcrafted gifts and collectibles straight from Germany, including exclusive Käthe Wohlfahrt merchandise and designs from the iconic Rothenburg ob der Tauber Christmas Village. Indulging in German treats and eats while enjoying festive music and shopping local vendors throughout the Market is what has made this a time-honored tradition in Arlington since 2010. [CLICK HERE FOR MORE INFO.](#)

Special Time with Santa

Saturday, December 9th from 2pm - 5pm at Christ Fellowship in McKinney TX: 2801 Orchid Dr, McKinney, TX 75072. From Especially Needed. RSVP today and bring your child out to see Santa, plus his friends may make a surprise visit! It's a magical time in a wonderful environment created especially for children with special needs. As always, our events are free but donations will be

was a day to ensure that upper class Britons gave servants and workers a day off, in addition to giving them a present. The holiday has since evolve into a more commercial occasion for gift-giving.

Kwanzaa (Dec. 26-Jan. 1). The week-long holiday of Kwanzaa honors African-American heritage; it's a cultural holiday as opposed to a religious one. Black nationalist Maulana Karenga created Kwanzaa in 1966 as a way to unite the African-American community following the Watts Rebellion in a predominantly Black Los Angeles neighborhood. An uprising against systemic racism began after a white California highway patrol officer arrested a young Black man for drunken driving. The rebellion led to 34 deaths—two-thirds of which were individuals shot by police or National Guard troops, per the Associated Press. It also resulted in more than 1,000 injuries. Karenga laid out seven key principles for Kwanzaa: unity; self-determination; collective responsibility; cooperative economics; purpose; creativity; and faith. Its name comes from the Swahili phrase "matunda ya kwanza," which translates to "first fruits." Kwanzaa celebrations draw from African musical and storytelling traditions.

Zarathosht Diso (Dec. 26). Founded by the Prophet Zoroaster more than 3,000 years ago, Zoroastrianism is one of the world's oldest monotheistic religions. Zoroastrians honor the death of their prophet on this day, typically by visiting a fire temple and offering prayers.

New Year's Eve (Dec. 31). The day every new year is met with anticipation



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REVIEWS

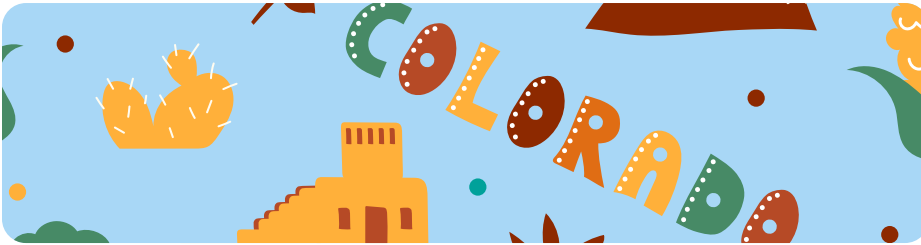


accepted the day of the event which helps cover the costs of our wonderful events. Spaces are limited so please RSVP as soon as possible.

All family registrants will receive an email a couple of days prior to the event with any additional details that may be needed to make this event as fun and relaxing as possible.

We hope to see you and your lovely family on the 9th of December! [LEARN MORE](#)

THE BUZZ AROUND BOULDER:



Holiday Market at the Mile High Flea Market

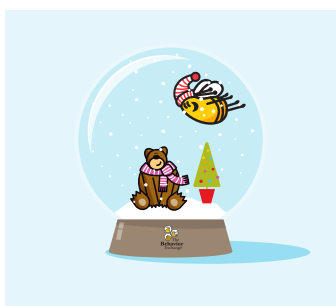
Mile High Flea Market: 7007 East 88th Avenue. Henderson, CO. Dec 01, 2023 to Dec 23, 2023. Find unique gifts and the best deals for everyone on your list at the Holiday Market. The entire month of December, enjoy the market's holiday décor and get in the holiday spirit with great finds for everyone on your list. [LEARN MORE](#)

The Nutcracker

Ellie Caulkins Opera House. Denver, CO. The beautiful ballet performance returns to Denver starting Saturday until December 24. This festive, family-friendly production brings the holiday spirit alive every year. A sensory-friendly performance of The Nutcracker will be presented on November 26 at 1 p.m. [LEARN MORE](#)

A Christmas Carol

Wolf Theatre. Denver, CO. Get into the holiday spirit at the Wolf Theater with the beautiful and classic performance, A Christmas Carol, presented by the Denver Center for the Performing Arts. Tickets range from \$40-90 and reoccur from November 17 to December 24. This performance is recommended for ages nine and up, but children as young as four can attend. [LEARN MORE](#)



Happy Holidays

And Warmest Wishes

around the world, as revelers party, set off fireworks, set resolutions and count down to midnight to welcome in new beginnings. In many post-Soviet countries, the holiday is celebrated with traditions similar to Christmas, such as the arrival of gifts from "Grandfather Frost."

Capac Raymi. The Andean Summer Solstice festival, known as Capac Raymi has been celebrated for hundreds of years since at least as far back as the early 15th century. It takes place in the weeks around December 21st, and is in part, a celebration of the Summer Solstice, the longest day of the year, corresponding to the first month of the Inca calendar. In Inca times, many complex celebrations and rituals existed that are no longer celebrated as they were, due to the influence of Catholicism. Nowadays, the original Inca celebration is mixed with Catholic ideas in a form of syncretism, combining elements of both religions. The December 21st festival is thought to mark the separation of two months in the Inca calendar that honored the Sun, Inti, and the Moon, Quilla, which also represent the masculine and feminine aspects of life. Capac Raymi, meaning Royal Feast, is the first month leading up to December 21st, and Capac Raymi Camay Quilla, meaning Festival of the Moon, is the month after the Summer solstice. A determining factor for the length of these celebrations was how soon the new moon appeared after the Summer Solstice. So the festivities could be longer or shorter, based on the Inca's measurements of this period of days, and possibly other planetary aspects.



yep! Parents' Night Out are here once again!



Every week in December, leave the kids with us one day and go do your thing. Shop, run errands, take in a movie, have dinner. Dance together...the time is all yours!



5:30 pm to 8 pm



GPT and PNO
5:30 pm to 8 pm



5:30 pm to 8 pm



5:30 pm to 8 pm



Starting on December 6th, we will be offering Parent's Night Out. Your child will engage in winter themed activities like movies, games, and fun learning opportunities, all lead by our expert ABA therapists. Siblings are welcome too for a small fee and depending on staff availability.

Billing: The Behavior Exchange will bill services to your insurance provider for therapy provided. Rendered services not covered by your child's insurance authorization or daily hour maximum (MUE) will be billed on a private pay basis of \$25 per hour. Sibling-Private Pay Fee: Siblings are billed at a rate of \$25 per hour/child.

Please note: Prosper Hive: Minimum 12 families. Frisco Hive: Minimum 12 families. Plano Hive: Minimum 8 families.

Sign up today! Click [here](#) or use QR code.

***NOTE:** We will also offer a Parents' Night Out on Tuesday, December 12. Please refer to the Group Parent Training flier to sign up.

Where:

-  **Plano Hive**
-  **Frisco Hive**
-  **Prosper Hive**

When:

- **December 6:** 5:30 pm to 8 pm
- ***December 12:** 5:30 pm to 8 pm
- **December 20:** 5:30 pm to 8 pm
- **December 27:** 5:30 pm to 8 pm



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DECEMBER 2023



Group
Parent
Training

& Parent's Night Out



Finding our Gifts.

Join our founder and CEO Tammy Cline-Soza!

In this month's Group Parent Training, Tammy Cline-Soza will be discussing and engaging in seasonal subjects like: taking care of ourselves so that we can give our best selves, tips for families during the holidays, how to identify and build upon your child's gifts, and behavioral principles: contingent reinforcement, holiday activity schedules.

Twelve or more!

The more the merrier we say. But seriously, building a community takes, well, a community. We'll need at least 12 families signed up.

Need your child cared for so you can come? We got you.

Extended day therapy services (Parent's Night Out) will be available on a limited basis. Please RSVP as soon as possible and put in the notes section if you need your child to be in our care and we will do our best to accommodate.

Billing: The Behavior Exchange will bill services to your insurance provider. Rendered services not covered by your child's insurance authorization or daily hour maximum (MUE) will be billed on a private pay basis of \$25 per hour. Siblings are billed at a rate of \$25 per hour/child.



Sign up today! Click [HERE](https://www.signupgenius.com/go/9040449AAAF29AAF49-46293015-group#/). Or copy and paste URL below.

<https://www.signupgenius.com/go/9040449AAAF29AAF49-46293015-group#/>



8501 Wade Blvd.
Suite 330
Frisco, TX 75034

6:00 p.m. to 8:00 p.m.



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Winter Holiday **DRESS UP DAYS!**



WEEK 1: DEC. 18 – 22, 2023:



Deck the Halls- wear Christmas colors! Red & Green



Holiday Headwear- wear Santa/elf hats, antlers, or your favorite holiday headpiece



Santa's Workshop Day- dress like your favorite Christmas character!



Candy Cane Day - wear red and white



A Very Cozy Holiday- wear flannel and fuzzy socks!

WEEK 2: DEC. 26 – 29, 2023:



CLOSED:
Christmas Holiday



Baby, It's Cold Outside!
Bundle up in your favorite winter gear!



Decades Day!
Close out 2023 dressed in your favorite decade wardrobe!



Festive Pajama Day!
Dress in your favorite festive pajamas!



Bee Bright
Wear sparkles, glitter, neon to kick off 2024!



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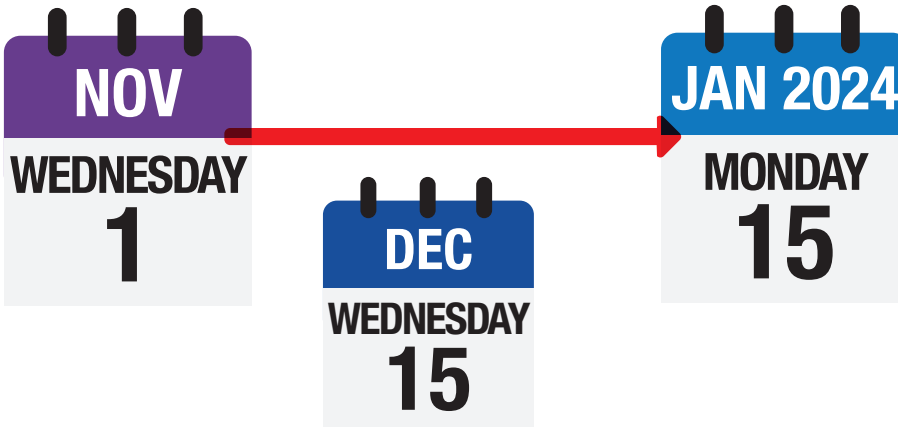
Secure ABA therapy coverage in 2024!

Renew your Health Insurance Marketplace plan during open enrollment, starting November 1st!

If you currently have a plan through the Health Insurance Marketplace, now's the time to renew your policy and secure continued ABA therapy coverage for 2024.

Does your employer's plan exclude ABA therapy services?

Consider a Child-Only policy through the Marketplace for ABA coverage in the new year!



Enroll by December 15, 2022 for coverage that starts January 1, 2023.

Have questions?

Email or call our insurance experts.



intake@behaviorexchange.com



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DID YOU KNOW?

You can get health coverage for the rest of the year if you qualify for:

- A Special Enrollment Period due to a recent life event, like losing other coverage, moving, getting married, or having a baby.
- Medicaid, the Children's Health Insurance Program (CHIP), or based on estimated household income.

Important dates

November 1: Open Enrollment starts for health coverage for the next plan year — first day you can enroll in, re-enroll in, or change health plans through the Health Insurance Marketplace®. Coverage can start as soon as January 1.

December 15: Last day to enroll in or change plans for coverage to start January 1.

January 1: Coverage starts for those who enroll in or change plans by December 15 and pay their first premium.

January 15: Open Enrollment ends — last day to enroll in or change health plans for the year. After this date, you can enroll in or change plans only if you qualify for a Special Enrollment Period.

February 1: Coverage starts for those who enroll in or change plans December 16 through January 15 and pay their first premium.



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