



SEE WHAT'S HAPPENING AT OUR HIVES:



Independence — Self-help skills

Skills such as dressing, feeding, and personal hygiene are crucial for a child's growth and autonomy. Teaching these skills empowers children to take charge of their daily routines and boosts their self-esteem and confidence. As we celebrate the Fourth and commemorate Independence with fireworks, let's ignite our kids' independence and celebrate their achievements—big and small.

We believe in a step-by-step approach to teaching self-help skills, tailored to each child's unique needs and abilities. For instance, when teaching dressing skills, parents can break down the task into smaller, manageable steps. Start with simple tasks—putting on socks, pulling up pants—gradually adding more complex steps like buttoning shirts or tying shoelaces. Reinforcement and patience are key; celebrating small successes along the way encourages continued effort and progress.

For feeding skills, let kids help with meal preparation and self-feeding. Start by allowing your child to choose their own utensils, then guide them through using these tools. For younger children or those with fine motor challenges, adaptive utensils can be helpful. Similarly, personal hygiene skills, like brushing teeth and washing hands, can be taught through visual schedules and consistent routines. Breaking down each task into clear, visual steps helps children understand and remember the sequence of actions.

Be proud to share success stories of your child's significant strides in self-help skills. Let their siblings and extended families know how far they've come and how amazing it is to see them overcome challenges and confidently practice these skills. As we work together towards our children's independence, let us celebrate each step forward, no matter how small. With patience, encouragement, and the right strategies, we can help our children gain the skills they need to thrive and enjoy greater autonomy in their daily lives. Happy 4th of July!

What achievements have you or your children overcome when it comes to self-help skills? Share your success stories with us: BUDDY@BEHAVIOREXCHANGE.COM

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TBE Calendar

7/04: Independence Day Closure

Quote of the day

"The harder the conflict, the greater the triumph."
— George Washington



Get to know us!

Here's this month's spotlight on an amazing member of the TBE team!

Please meet, **Ellis— Asst. Clinical Director, Boulder Hive.**

Favorite Song: Fast Car Tracy Chapman

Favorite Movie: Shutter Island

Fun fact about you: I have a twin sister

Hobbies: Skiing, hiking, cooking

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Fourth of July celebrations

The Fourth of July can be an exciting but challenging time for families with children with autism. The loud noises, bright lights, and large crowds can be overwhelming. To ensure safety, it's important to prepare in advance. Consider using noise-canceling headphones to reduce the impact of fireworks, and create a quiet, familiar space where your child can retreat if they feel anxious. Discuss the day's activities ahead of time and use visual schedules to help them understand what to expect. Always keep a close eye on your child in crowded areas and ensure they have identification in case they become separated. By taking these precautions, families can enjoy a safe and enjoyable Independence Day.



Closures this month: July 4.

We will be closed on Thursday, July 4th — All hives. For Independence Day celebration. We will resume regular hours on Friday, July 5.

School preparation.

Summer Camp at The Behavior Exchange has just kicked off, but as we all know, August and the start of a new school year will be here before we know it. As the saying goes “No time like the present”, it's a good idea to speak to your BCBA about school plans for the fall. Both Texas and Colorado have laws that make ABA therapy and other behavioral services excused absences. Read more about excused absences from our blog. [CLICK HERE](#).

THE BUZZ AROUND DFW:



Fourth of July!

Cities throughout North Texas are putting on fun Independence Day celebrations. Here's a list of just a few. Enjoy!

- Allen USA: Join the city of Allen for a community celebration that includes live music, two food courts, and a fireworks display. Tickets are free, but required. [LEARN MORE](#)
- Klyde Warren Park Independence Day Celebration: Dallas' downtown deck park is the setting for an evening of live music, games, food trucks, and more. Fireworks will launch from both sides of the park. [LEARN MORE](#)
- July Jubilee (Denton): This is a 2-day celebration, including a 5K, mile walk, parade, then a drone show at dusk, live music, carnival treats, inflatables, rock climbing, and a hot-dog eating contest. [LEARN MORE](#)

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Why did you choose to work in ABA therapy with children with autism— what's your superhero origin story? |

I interned in college at a hospital with an inpatient and outpatient clinic, helped a child overcome PICA, and the rest is history.

One life hack or expert tip that can benefit families of the children we

serve: Self-care for caregivers/those involved for caring for the children we serve is so important! Take time for yourself- schedule out your workouts/ “you” time, take advantage of local respite providers, and recruit help from other family members if you can! This will make us all be our best for the children we serve.

Fun fact

About Lady Liberty

- **Her spiky hat is symbolic.** Yes, each of the seven spikes on her crown represent the seven oceans and the seven continents of the world. This is said to represent the universal concept of liberty. It's not only about fashion!
- **She is actually French.** Her head even spent some time in Paris at the World's Fair before it was given as a gift to celebrate the centenary of the American revolution and the friendship among the two countries. That's cute, right?
- **The statue served as a lighthouse.** If you were thinking she has no use and is just a big hunk of metal, think again. She actually served as a lighthouse, guiding ships and sailors home after a long trip on the ocean.

(Continued on next page)





- **Sensory Sensitive Fourth of July (near Coppel):** A fun and safe alternative for individuals with noise sensitivity. Instead of fireworks, enjoy a LED bracelet experience called the Star Spangle Glow. Bracelets are synchronized, creating a dynamic light display that everyone can be a part of. [LEARN MORE](#)

Petting Zoo at the HUB.

The HUB in Allen brings families and the community together in an outdoor setting to spend quality time with one another, enjoying lots of great entertainment, restaurants, and events. It features a walk-in movie theater, backyard sports bar for all ages, and indoor and outdoor dining. On July 13, visitors to the HUB can experience a petting zoo with all the baby animals you can think of. No reservations or tickets required. Bring the whole family and even your dog (on a leash, of course). [LEARN MORE](#)

Crayola Experience (Plano)

The Crayola Experience offers special days for both toddlers (Toddler Tuesdays) and kiddos with sensory sensitivities (Sensory Sundays). Toddler Tuesdays feature a special craft project, story time, and age-appropriate attractions. Sensory Sundays give your child the opportunity to enjoy all the attractions in a modified setting, including dimmed lighting, no music, a quiet room, and a special Factory Show. There's no extra charge for the special days and snacks are available for purchase. [LEARN MORE](#)

Shrek the Musical

If you loved the movie, you won't want to miss the musical at the Winspear Opera House this July. It brings all the beloved characters you know from the film to life in a hilarious stage spectacle. Even better, the Winspear offers sensory bags containing special badges, fidget tools, noise-canceling headphones, and other resources are available for use at no cost.

[LEARN MORE](#)

THE BUZZ AROUND BOULDER:



Fourth of July!

Since Boulder will not have a celebration this year, here are some other options for your family. Enjoy!

(Continued on next page)

- **Her head isn't on properly!** In 1982, people discovered that the head had actually been installed 2 feet off center. Whoopsie!

- **Nobody is allowed in the torch.** In 1916 the statue suffered minor damages from the Germans and nobody has been allowed to go into the torch since. Well, surely they could have had it all sorted by now?

- **Lightning doesn't strike twice, does it?** It is thought that the Statue has actually been struck 600 times by lightning... what would you expect from a huge monument made of metal?

- **She escaped her chains.** Though you can not see, at the statues feet there are broken shackles symbolizing the country moving forward from oppression and slavery. She is also moving her right foot towards a new, free era.

- **Why is she green?** The statue is green because of the oxidation of copper. It's not paint! The metal is slightly damaged and corroded.

- **Measurements.** The girl isn't that skinny. Being 35 feet across the waist and with a size 879 shoe, she really is on the larger side. Big is beautiful!

- **She's a Hollywood star, too.** A 'disaster movie trope', rather. The statue destroyed in the movie *Independence Day* (1996) has been a feature in many other films.

Extra! Extra! In the news

He's baking more than pizzas, bringing joy one slice at a time. Learn how Harper

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JULY 2024 NEWSLETTER



• Broomfield Great American Picnic: Arrive early to enjoy a children’s carnival, NurfTurf, face painting, balloon twisting, beer gardens, a live concert, and more before the fireworks begin.

[LEARN MORE](#)

• Louisville Fourth of July Celebration: Join the community for food trucks, bounce houses, face painting, fireworks, and patriotic music by the Boulder Concert Band. [LEARN MORE](#)

• Superior 4th of July Celebration: This all-day event starts early with a free Pancake Festival and features live music, carnival games, bounce houses, a slip ‘n slide, BBQ, a kickball championship, and other fun activities for the whole family. [LEARN MORE](#)

• Westminster 4th of July Celebration: This celebration in the park includes a bunch of activities for the whole family, food, beer vendors, live music, and fireworks. Free shuttle buses also available. [LEARN MORE](#)

Pearl Street Arts Festival

From whimsical and modern sculptures to traditional watercolors, oils, and more, the Pearl Street Arts Fest is a beautiful outdoor gallery nestled in the heart of downtown Boulder on the renowned Pearl Street Mall. From the artists on exhibit to some fun activities for the kids with Open Studios Mobile Art Lab and a variety of downtown attractions, you’ll find plenty for the little ones (and not so little ones) at the fest. Free admission. [LEARN MORE](#)

Sensory-Friendly Movies

Enjoy the magic of the movies every month at AMC Theaters in an environment that’s a little quieter and a little brighter. Getting up to dance, walk, shout, and sing is all part of the experience. Sensory Friendly Films are scheduled on the second and fourth Saturday, and the second and fourth Wednesday of every month. [LEARN MORE](#)

Evert Pierson Kids’ Fishing Pond

Treat your kiddos to a day of fishing in a setting designed just for them. Originally an old University of Colorado gravel pit, the Evert Pierson Kid’s Fishing Pond was redeveloped in 1949 by the Boulder Fish and Game Club. The club stocks the pond with fish and volunteers provide maintenance. They stock approximately three thousand fish each year from Memorial Day to Labor Day. The pond is for use by children ages 12 and under only. Fishing rods provided! [LEARN MORE](#)

Mesure, 24, is wowing his boss and team at Giordano’s Pizza in Beavercreek, OH.

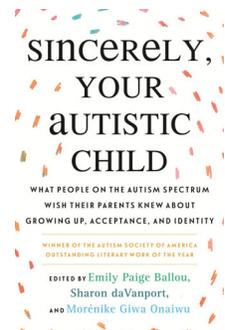
[LEARN MORE](#)

Our BCBA’s recommend

From Ellis, BCBA in Boulder Hive.

Book recommendation: *“Sincerely, Your Autistic Child. What People on the Autism Spectrum Wish Their Parents Knew About Growing Up, Acceptance, and Identity.”*

By Autistic Women and Nonbinary Network. Edited by Emily Paige Ballou and Sharon daVanport.



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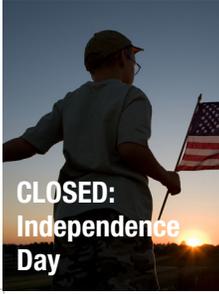


A kind word works wonders.



JUL 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <i>International Joke Day</i>	2	3 <i>Eat Your Beans Day</i>	 <p>CLOSED: Independence Day</p>	5 Dress-Up Friday Lifeguard Day—Dress like a lifeguard or wear all red!	6 Saturday Services Frisco Hive 9:00am-3:00pm
7	8	9	10 <i>National Pina Colada Day</i>	11 <i>National Blueberry Muffin Day</i>	12 Dress-Up Friday Baseball Cap Day—Bring your favorite cap and play ball!	13 Saturday Services Frisco Hive 9:00am-3:00pm
14	15	16 <i>Ashura</i>	17 <i>Ashura</i> <i>National Hot Dog Day</i>	18	19 Dress-Up Friday Team Jersey Day—Wear your favorite team's jersey!	20 Saturday Services Frisco Hive 9:00am-3:00pm <i>National Moon Day</i>
21	22	23	24	25 <i>World Drowning Prevention Day</i>	26 Dress-Up Friday Wacky Workout Gear Day—Sport your wacky workout gear!	27 Saturday Services Frisco Hive 9:00am-3:00pm
28 <i>Parents' Day</i>	29 <i>National Lasagna Day</i>	30	31 <i>National Avocado Day</i>	 <ul style="list-style-type: none"> • Because of gravity, you would weigh less on the moon than on Earth. • The human brain cannot feel pain. • On average, the human body is made up of 60% water. • Plankton, seaweed, and other ocean organisms create over half the world's oxygen. • White is not actually a color, but the absence of all colors. • Strawberries are the only fruits with their seeds on the outside. • When cranberries are ripe, they can bounce like a ball. • Wind is actually silent. What we hear is the wind blowing against an object. • Contrary to popular belief, lightning can strike twice. • The human nose can detect a trillion different scents. 		

All times are in Central Standard Time Zone (CST).
Some dates and events are subject to change.

Did you know?
Fun and interesting facts for the whole family!



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A kind word works wonders.



The Behavior Exchange will be closed on:



THURSDAY, JULY 4, 2024 FOR INDEPENDENCE DAY

All hives: Plano, Frisco, Prosper, and Boulder.
Thank you for your understanding.

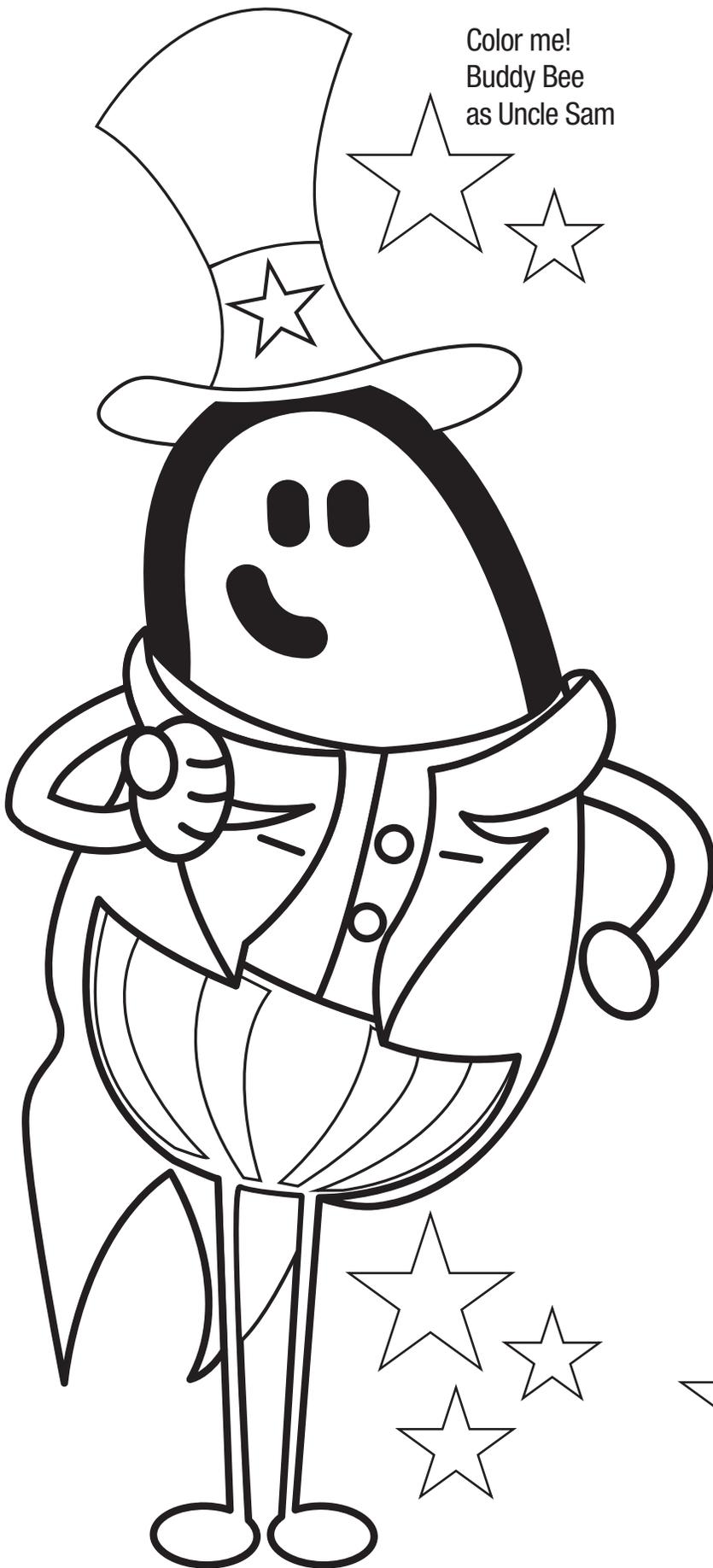
We will resume normal, operational hours on Friday, July 5th.



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Color me!
Buddy Bee
as Uncle Sam

**The Declaration of Independence
was signed in what year?**

**How many stars does
the U.S. flag have?**

**What is the name of the national
anthem of the United States of America?**

How many original colonies were there?

**Who was the king on England
when the Declaration
of Independence was signed?**

Answers:

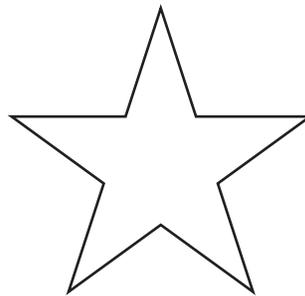
Star Spangled Banner

King George III

13

50

1776



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