



SEE WHAT'S HAPPENING AT OUR HIVES:



Ghost, goblins, AND zombies. Oh my!

Hi y'all! Well, down here in Texas, autumn seems to be taking its sweet time to come say hi. We're still waiting for those cool, crisp mornings to roll in, but hey, patience is a virtue, right?

Now, let's talk about October, shall we? Nature is gearing up for its last burst of color, which means it's high time we start stocking up on Halloween candy and brainstorming costume ideas. And guess what's lurking just around the corner? The holidays! Yikes indeed! If you're anything like us, this time of year can start feeling a tad overwhelming. The kids are back in school with schedules that could rival a CEO's, events are popping up left and right, and those shorter days remind us that the lazy dog days of summer are nothing but a distant memory. It's no wonder many of us parents start resembling zombies: deer-in-headlights look, constant fatigue, and a tendency to get easily distracted.

But hey, according to the experts, you're not alone in this. Parents with young children can easily fall victim to what they like to call "parental burnout." In fact, some surveys have shown that as many as 60 percent of parents have experienced burnout at some point. So, what's the game plan?

Well, they say self-care is the name of the game. After all, if you can't take care of yourself, how in the world can you take care of your family? As the saying goes, put on your oxygen mask first.

If you're curious about how to bounce back from parental burnout, give this [PSYCHOLOGY TODAY ARTICLE A READ](#). One key piece of advice: sneak in those little moments of solitude to dial down the overstimulation. Oh, and make sure you're getting enough shut-eye because, let's be real, parenting duties never truly clock out, and a good night's sleep should be right up there on your to-do list. Plus, try involving your kids in relaxation activities, like stretching or playful massages. It's a fantastic way to bond and unwind together.

Got any extra tips on keeping the parental stress levels in check? We're all ears! Send us an email at buddy@behaviorexchange.com – we'd love to hear your brilliant ideas!

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- PROSPER HIVE HALLOWEENFEST
- YOUR KIND WORDS
- ADOS-2
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TBE Calendar

- 10/21: Especially Needed Fall Festival
- 10/28: **Prosper Hive HalloweenFest**
- 10/31: Halloween at The Behavior Exchange

Log on to our site and view selected events: [CLICK HERE](#)

Fun facts

Hey brainiac, here's all you need to know about zombies.

According to *The Undead Eighteenth Century* by Linda Troost, zombies appeared in literature as far back as 1697 and were described as spirits or ghosts, not cannibalistic fiends.

They arrived on the film scene around the same time as their monster peers, *Frankenstein* and *Dracula*, with the 1932 release of "White Zombie".

Wanna dig your mandibles into more juicy zombie facts? Say no more:

1. People who like zombies are called Zombophiles.

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Prosper Hive HalloweenFest 2023! SAVE THE DATE!

SAVE SATURDAY, OCTOBER 28 for our 2nd Annual Prosper Hive HalloweenFest! It's going to be a spooktacularly good time for everyone and a sensory-friendly Halloween experience like no other. All the little ghosts and goblins and their families are invited. The more the merrier, so bring your friends and neighbors, and don't forget your costumes for extra fun!!

Check out some of the photos from last year's HalloweenFest!



Your praise means the world to us, and to other families!

The highest compliment we could receive is a positive review from you. As you know, the rate of autism continues to rise and more and more families need an ABA therapy provider they can trust. We're proud to be **THE FIRST ABA therapy service in North Texas** to earn the prestigious 3-year accreditation BHCOE badge! As you know, reviews can help other families in need of expert ABA therapy. We would appreciate your kind words.

[PLANO HIVE](#) | [FRISCO HIVE](#) | [PROSPER HIVE](#) | [BOULDER HIVE](#)

ADOS-2

As a reminder, we are now certified to administer the **ADOS-2 evaluation**, an important step in the ASD comprehensive evaluation. If you or someone you know are needing an ADOS-2 evaluation, our experts at The Behavior Exchange can help! [CONTACT US](#) to learn more.

Holiday time

As October ushers in the holiday season, it might feel like Thanksgiving and Winter Break are distant dots on the calendar. However, time can sneak up on us, and soon we'll be in full gobble-gobble mode. Now is a great moment to draw a game plan for your holiday breaks, especially when it comes to your little ones' schedules. 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.

Especially Needed Fall Festival & Resource Fair

Especially Needed Fall Carnival and Resource Fair is open to all individuals with special needs and their families. The Behavior Exchange is a proud sponsor and we will be present at the festival. Come by our booth!

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2. People were scared of zombies way back in Ancient Greece!

Archaeologists have found ancient graves which contained skeletons pinned down by rocks — presumably to prevent the dead from coming back to life. The ancient Greeks may have invented democracy and the alarm clock — but they could still be prone to numptiness!

3. The 8th of October is World Zombie Day. In some cities around the world, people celebrate by dressing up like zombies and shuffle about to raise money for charity!

4. A human zombie outbreak is not IMPOSSIBLE. A zombie apocalypse is not necessarily an impossibility... some scientists claim that because humans are susceptible to brain parasites, behavioural viruses such as Mad Cow Disease and neurotoxins - some of us one day if we're not careful could end up doing the proverbial monster mash (we hear it's a graveyard smash.) Though that would be very unlikely.

5. The first ever film to have a zombie in it was called 'White Zombie' made in 1932. Although some argue that Frankenstein (1931) was technically a zombie movie — the film generally agreed to be the first official zombie flick was White Zombie, directed by Victor Halperin and starring Bela Lugosi as the zombie master named Murder Legendre. Spooky!

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THE BUZZ AROUND DFW:



State Fair of Texas

September 29, 2023 to October 22, 2023. Fair Park: 3921 Martin Luther King Jr., Blvd., Dallas, TX, 75210. The State Fair of Texas returns in 2023 with livestock shows, carnival and midway fun, live concerts, exhibits and car shows, college football games inside the Cotton Bowl, and the fair's famous fried foods. [LEARN MORE](#)

Fall Plano Train Show

September 30, 2023 to October 01, 2023. 2000 E. Spring Creek Parkway, Plano, TX, 75074. The North Texas Council of Railroad Clubs hosts its annual model train exhibit, the Fall Plano Train Show, at Plano Event Center. The event is open to those new to model train collecting and to seasoned engineers. Bring the whole family to see and experience operating layouts, dealer displays, video displays running both days, and door prizes. Check back soon for more information about how-to clinics and the home layouts on tour. Saturday, September 30, 10am–5pm. Sunday, October 1, 10am–4pm. [LEARN MORE](#)

Beauty and the Beast Jr.

October 07, 2023 to October 29, 2023. Casa Mañana. 3101 W. Lancaster Ave., Fort Worth, TX, 76107. Step into the enchanted world of Broadway's modern classic, Disney's Beauty and the Beast Jr., the story of Belle, a young woman in a provincial town, and the Beast, who is really a young prince trapped under the spell of an enchantress. If the Beast can learn to love and be loved, the curse will end and he will be transformed into his former self. But time is running out. If the Beast does not learn his lesson soon, he and his household will be doomed for all eternity. This "tale as old as time" will delight audiences of all ages. This show is suitable for all audiences. **Sensory Friendly Performance:** On Sunday, October 15 at 11am, this sensory-friendly performance of Beauty and the Beast features a more relaxed environment, including muted production elements such as lights and sound. A quiet room will be available to audience members. [LEARN MORE](#)

Autism Speaks Walk Dallas

Saturday, November 4. 8 am Registration. Please join The Behavior Exchange and Autism Speaks as we walk to raise much needed fund for autism research. Come be part of an amazing Saturday and join us at Grandscape in The Colony. Join our team today! [CLICK HERE FOR MORE INFO.](#)

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6. Although zombies are purely fiction, in the insect world, zombies actually EXIST! Well, sort of. A fungus found in tropical rainforests known as Cordyceps releases spores into the air which infects the brains of ants... these 'zombie ants' then climb trees where they die. The fungus then sprouts THROUGH the dead bodies and releases further air spores to infect more ants! SUPER weird!

7. The original title for the game Plants vs Zombies was 'Lawn of The Dead'. A fun reference to the 1978 George Romero zombie classic Dawn of the Dead.

8. In Scandinavian countries, zombies are called 'draugr'. According to legend, draugrs were warriors who were so fierce that after they died they would come back to life to carry on killing the living. As well as cutting off their heads, you had to burn their bodies and then take their ashes out to sea. Yikes!

9. There is debate about whether Frankenstein's Monster was a zombie. Some people say the fact that the monster was a reanimated corpse means that he was a zombie. Others say the fact that he was never alive in the first place means that he wasn't a zombie. Zombies traditionally feast on human flesh which the monster does not. It's a whole thing. Zombie or not zombie? The debate rages on.

10. Even Scooby-Doo once battled with zombies! In the 1998 film Scooby-Doo on Zombie Island the cowardly sandwich-loving mutt and his gang of friends are

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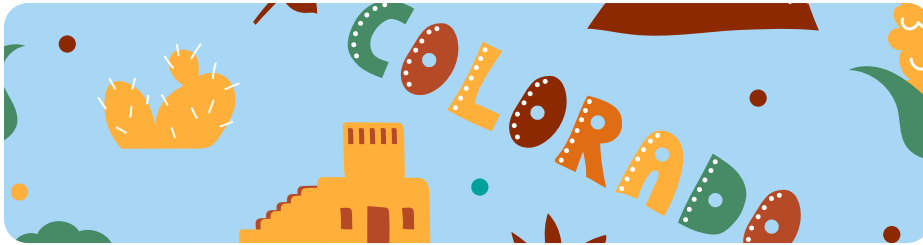




Espically Needed Fall Carnival and Resource Fair

It's time for our biggest event of the year and we're so excited! Our Fall Carnival and Resource Fair is open to all individuals with special needs and their families. Children and adults are welcome to come in costume and in fact, we encourage it! Please make sure all costumes are kid friendly and age appropriate. Parking is limited so please be sure to attend the event during the times your family registered for. Thank you! [LEARN MORE](#)

THE BUZZ AROUND BOULDER:



Lafayette Fall Harvest Festival and Market

Saturday, Oct. 28. 10am - 4pm. N. Harrison Street between E. Simpson and Geneseo. The Lafayette Fall Harvest Festival is a fun-filled fall event featuring a marketplace with vendors selling seasonal, farm fresh produce, as well as other farmers market type offerings such as handcrafted, artisan foods. Pick up honey, salsas, chocolate, breads, pies, pastries and more! Stop by the food court for breakfast or lunch. Stroll the event and visit the petting zoo. Pick up a pumpkin or two and feel free to dress up in costume. There will be a parade with pets in costume to benefit RezDawg. Enjoy live music and fun! [LEARN MORE](#)

Old Town Lafayette Haunted History Tour - FOR KIDS!

Various dates. Theater Company of Lafayette. 300 East Simpson Street Lafayette, CO 80026. Join your guides Chelsea Pennington Hahn, Executive Director of the Lafayette History Museum -or- Olivia Meikle, author of The Book of Sisters and A Stinky History of Toilets and host of What'sHerName Podcast, for a special KID-FRIENDLY VERSION the beloved Haunted History Tour of Old Town Lafayette! This tour is not too scary, and is aimed at families with kids ages 5-11. All children must be accompanied by an adult. The tour begins in front of the Mary Miller Theater, covers about 3/4 of a mile and lasts around one hour. Costumes are encouraged but not required. [LEARN MORE](#)

Halloween Kids Fest

October 28-29, & 31. Downtown Aquarium. 700 Water St. Denver, CO 80211. Have a spook-tacular time! Join our mascot, Sharkey, and his friends for not-so-haunted train rides, pumpkin painting, monster mural coloring, science experiments, shows and so much more! Kids in costume ½ price exhibit entry with adult purchase! [LEARN MORE](#)

chased by hordes or zombies. Certainly enough to put you off your Scooby-Snacks!

What we're watching!

Welcome to Wrexham is an American sports documentary series that premiered on August 24, 2022, on FX. The series documents the events of Welsh association football club Wrexham A.F.C., as told by the club's owners Ryan Reynolds and Rob McElhenney. The series received critical acclaim, winning two Critics' Choice Television Awards and being nominated for six Primetime Emmy Awards. The second season premiered on September 12, 2023.

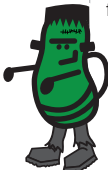
On Season 2, episode 3, we learn that their striker Paul Mullin finds out his son has autism. The whole episode is dedicated to families navigating the world of autism. It's very compelling and worth a watch. Learn more about the episode from this VULTURE.com article, [HERE](#).



Happy Halloween!

Check out our coloring sheets on pages 9 and 10 of this newsletter.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <i>World Vegetarian Day</i>	2	3	4	5 <i>World Teacher's Day</i>	6 Dress-Up Friday Wear pink for Breast Cancer Awareness	7 Saturday Services Frisco Hive 9:00am-3:00pm, CST
8	9 Boulder Valley SD no classes <i>Indigenous People Day</i> <i>Canadian Thanksgiving Day</i>	10	11 <i>Take Your Teddy Bear to Work Day</i>	12 <i>National Gumbo Day</i>	13 Dress-Up Friday Wear your favorite food or food colors for World Food Day!	14 Saturday Services Frisco Hive 9:00am-3:00pm, CST
15 <i>Navaratri starts</i>	16 <i>World Food Day</i>	17	18	19	20 Dress-Up Friday Be Smart Day- Dress like a nerd!	21 Saturday Services Frisco Hive 9:00am-3:00pm, CST Especially Needed Fall Festival and Resource Fair <i>International Nacho Day</i>
22 <i>Smart is Cool Day</i>	23	24	25 <i>Howl at the Moon Night</i>	26	27 Dress-Up Friday Wear a Pumpkin!	28 Saturday Services Frisco Hive 9:00am-3:00pm, CST Prosper Hive Halloween Celebration Open House
29 <i>National Cat Day</i>	30	31 Trick or Treat at our hives! Halloween- Dress in your favorite costume!  <i>Halloween</i> 	 <p>"Love in such a way that the person you love feels free." - Thich Nhat Hanh</p>			

All times are in Central Standard Time Zone (CST).

mmm...brains...



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REVIEWS



SAVE THE DATE



2nd Annual

Prosper Hive HalloweenFest



Hello TBE Families!

Join us for a scary good, sensory-friendly fun time for kids and families! **Get your costumes ready and enjoy:**

- Face painting
- Balloon Art
- Games
- Arts and Crafts activities
- Snacks
- **AND trick-or-treat fun!**



Prosper Hive

2250 E. Prosper Trail.
Building B
Prosper, TX 75078

Saturday, October 28!

10 am to 1 pm

RSVP today!

Learn more at our
Facebook event page:



Bee sure to bring a friend!

The more, the merrier!



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WALK THIS WAY!

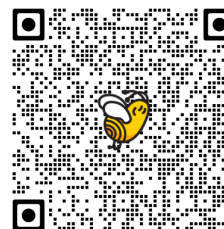


Join **The Behavior Exchange** and Autism Speaks for an amazing day of community that will improve the lives of children and adults with autism.

Where:
The Grandscape in The Colony
The Stage
5752 Grandscape Blvd
The Colony, TX 75056

When:
Saturday, November 4, 2023
8 am to 12 pm

Click [HERE](#) and join our team!
Or use the QR code.



Scan and join our team!



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There are new families moving into the DFW and Front Range areas right now who need **caring, expert, and fun** ABA therapy. You can help them find it by leaving us a quick review.

Just scan the QR code and help families looking for **accredited** ABA therapy why they should contact The Behavior Exchange. **We'd bee thrilled and so will they.**

We can't do what we do without your support!

THANK YOU

[FRISCO HIVE, CLICK HERE.](#)



[PLANO HIVE, CLICK HERE.](#)



[PROSPER HIVE CLICK HERE.](#)



[BOULDER HIVE CLICK HERE.](#)



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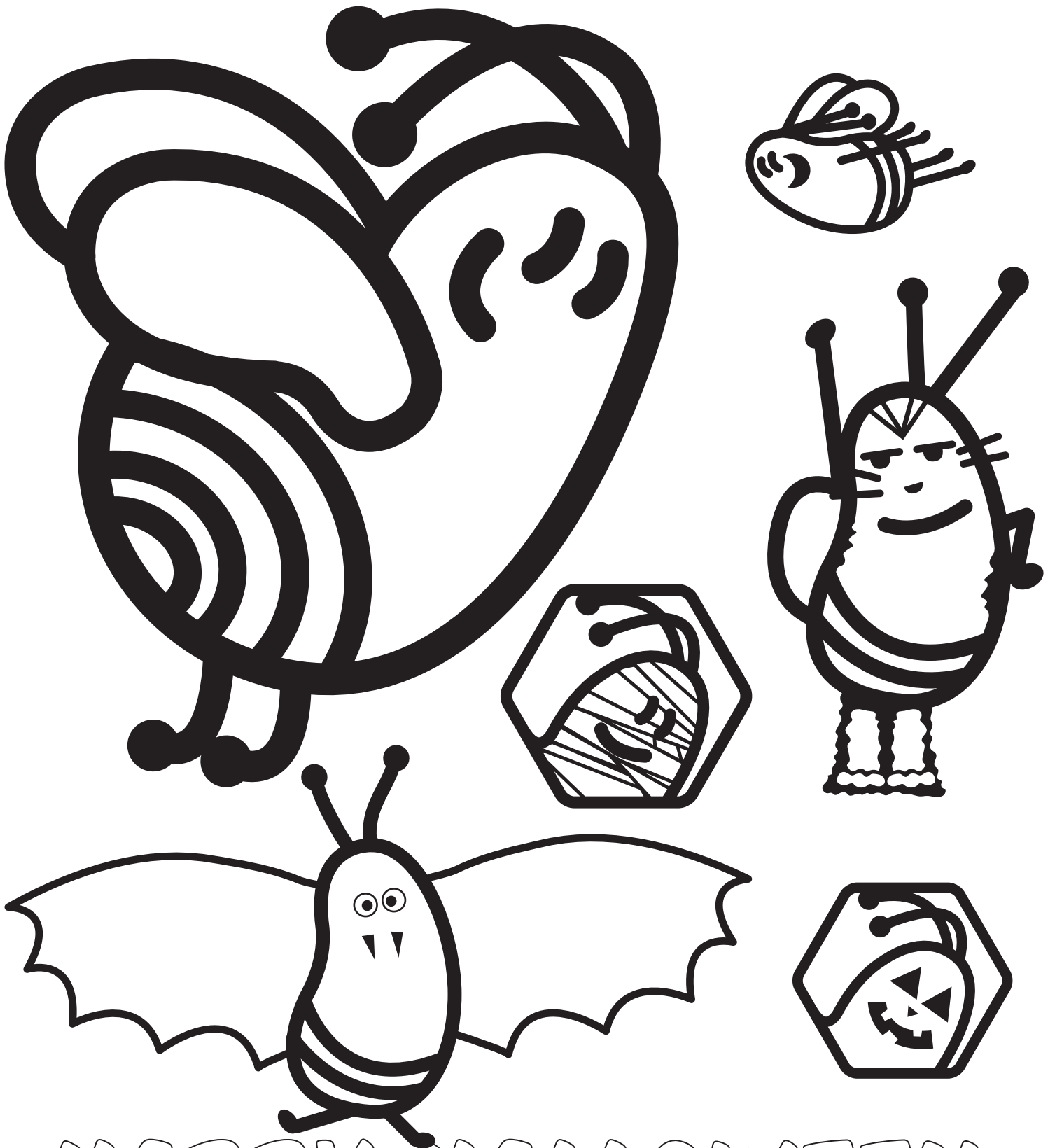


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HAPPY HALLOWEEN



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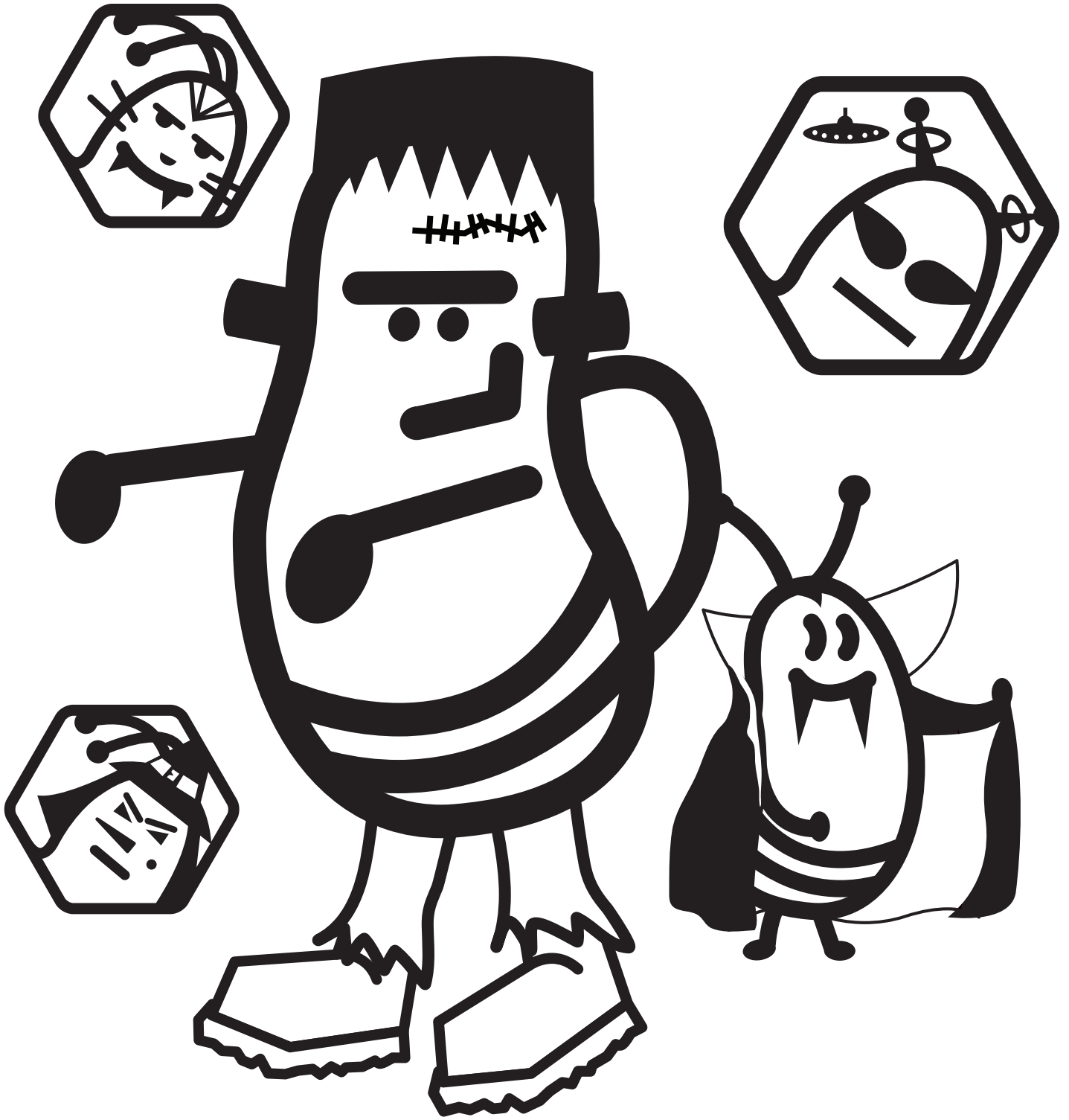
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