



Coffee spills

If you've been following our newsletter for a while, you know we enjoy sharing Buddhist parables. Here's another one we think you'll love.

A Buddhist monk asked his students a question. He said, "If you're carrying a cup of coffee and someone bumps into you, why did you spill the coffee?" Each and every one of his students said, because someone bumped into me. "No. The reason why you spilled the coffee is because that's what you were carrying in your cup." If you were carrying water, you would have spilled water. Then he said something profound — "Whenever life shakes you, whatever you're carrying is going to spill out." So if you're carrying fear, jealousy, anger, greed, that's what's going to spill out. But if you're carrying love, compassion, kindness, empathy, then that's what you will spill.

Life will always bump into us — traffic jams, spilled juice, meltdowns at bedtime, and everything in between. But those life bumps don't decide what comes out of us. What spills out onto the world is whatever we've been carrying inside all along.

If we're running on empty and filled with stress, frustration, impatience, or any other negative feeling, that's what our kids and family will feel. But if we've taken the time to fill up on patience, encouragement, love, and hope that's what they'll see come out instead.

So the real question for all of us is: What's in your cup right now?

The good news is, we get to refill our cup every single day. No matter what happened yesterday, or the week before, a new day is a chance to choose love, kindness, confidence, and positivity, all the things you want your kids to see and feel the most.

Email us at BUDDY@BEHAVIOREXCHANGE.COM and send us your what is on your cup today.

(Continued on next page)

In this Issue:

- BEE WHAT YOU CARRY
- OPEN ENROLLMENT
- OUT OF POCKET NEEDS MET
- EVALUATIONS
- SOCIAL SATURDAYS
- EXCUSED ABSENCES
- THE HOLIDAYS!

Calendar

- 10/18: Plano International Festival
- 10/31: Halloween

Daily Affirmation



Yum Yum, Nom Nom!

Top 10 candies.

Halloween is sneaking up on us like a monster in a horror movie... BOO! It's that magical time of year when we get to dress up, throw parties, and—most importantly—devour chocolate. And oh, how we love chocolate. Honestly, just hand it over and nobody gets hurt. But candy overall, so good! We're talking bonbons (mais oui monsieur), chewy classics, and

(Continued on next page)





Open Enrollment

Starting November 1, you'll have the chance to sign up for or update your health insurance through the Marketplace. Many families qualify for subsidies that can make coverage more affordable. Even if you already have coverage, it may be worth looking into a child-only plan. These plans tailored to children's needs often include kid-specific benefits, and can sometimes come at a lower cost. If you'd like to learn more, we're here to help. [CONTACT US](#).

Make the most of your benefits this year

As we get closer to the end of the year, families may find they've already **met their health insurance out-of-pocket maximum**. That's great news — because it means most of your child's ABA therapy services could now be covered at little or no additional cost. This is a wonderful time to think about adding Saturday services or increasing therapy hours so your child can make even more progress while your benefits are working harder for you. If you'd like to explore these options, our team is here to help you make the most of your coverage and your child's growth.

Diagnostic Evaluations

Did you know most insurance companies require a diagnostic evaluation every 2–3 years? When was the last time your loved one had one completed? Consider scheduling an evaluation before the year ends — and if you've already met your out-of-pocket maximum, it may come at no additional cost.

Social Saturdays

Social skills are the building blocks of connection, and for children with autism, they make all the difference in learning to communicate, play, and build lasting friendships. That's why we created Social Saturdays at The Behavior Exchange!

These lively, structured sessions give kids the chance to practice social skills in a safe, supportive space. With guidance from our caring RBTs and BCBA's, children learn how to join in, share, and form real friendships — all while having tons of fun. Social Saturdays happen at our Frisco Hive. Come join the buzz!

Excused absences — the more you know.

In Texas, students diagnosed with autism spectrum disorder (ASD) are entitled to excused absences from school for ABA therapy sessions under Texas Education Code § 25.087(b-3). As long as a student begins or ends the school day on campus, these absences—for ABA, speech, occupational therapy, and similar services recognized for ASD—must be treated as temporary healthcare appointments and cannot be penalized. If you would like to discuss your child's fall schedule with our team, feel free to [CONTACT US](#)!

The holidays are coming

Ahh...that special time of year when we squeeze so many holidays into just a short stretch of weeks! Along with school closures — which can be a great opportunity for your child to add

(Continued on next page)

even them tiny rainbow squares known as Skittles. All are welcome in our sugar stash. According to Danielle Cohen over at The Cut, here are her top 10 picks for Halloween candy royalty:

“10. Twix. Have you ever had those Twix ice-cream bars? Divine. Regular mini-Twix are less good, but still yummy.

9. Snickers. Great mix of textures. Great candy bar. In the pantheon of nutty, chewy chocolate bars, Snickers rules all. Then again, you could hand me a Milky Way and I wouldn't know the difference.

8.Hi-Chews. While this was not a Halloween candy I received as a child, I've noticed they have snuck their way into many Halloween candy assortments. This is great news for the young'uns. All flavors of Hi-Chews are delicious, and I am thrilled that the American Halloween Candy Industrial Complex has expanded into international markets.

7. Nerds. I love those little Nerd boxes. They're loud! They're filled with a satisfying number of tiny sour candies! Toss them all in your mouth and make a weird sour-candy face. It's fun!

6. Crunch. There's something a little bit bland about pieces of crispy rice embedded in chocolate, but then again, no one ever complained about a candy bar that gives it to you straight. I slightly prefer the Crunch Bar's more mischievous cousin, Buncha Crunch, a perfect movie-theater snack that has not to my knowledge been translated into a trick-or-treatable candy.

5. Hershey's Kisses. A classic! No notes.

4. Hershey's Nuggets. YES!!! Give these all to me. These shiny little gems are the most slept-on Halloween candy. They look too sophisticated to be good, but they are

(Continued on next page)





extra ABA therapy hours — we also have plenty of in-center holiday activities to enjoy, plus our own holiday closures to plan around. If your family will be traveling during winter break, now is the perfect time to share your schedule with your BCBA and our team. That way, we can help your child keep making progress — whether they're sledding down a mountain or relaxing at home with holiday crafts. We're here for you every step of the way.



Plano International Festival

Come to the Plano International Festival on Saturday, October 18. 11 AM to 5 PM. Food trucks, Music & Dance, wellness fair, and more. Stop by our booth and say hello!

THE BUZZ AROUND DFW:



State Fair of Texas Sensory Friendly Mornings - Dallas

The legendary State Fair of Texas is now open! For the 7th year running, they're offering sensory friendly mornings every Wednesday during the fair, where adjustments are made to the sound and lights to accommodate fairgoers with sensitivities. They've also created a special guided itinerary with a list of activities and exhibits that are easy on the eyes and ears. In addition, the Midway area will feature Quiet Zones from 11am-1:30pm to get away from the noise and hubbub and find your composure. Wednesdays have another benefit. Admission is only \$7, if you bring five canned food items to donate to the North Texas Food Bank. [LEARN MORE](#)

Murphy Maize Days - Murphy

Get ready for a day of non-stop fun at the 16th Annual Murphy Maize Days, where Murphy Central Park is transformed into the ultimate festival grounds by the City of Murphy. There will be a midway with carnival rides, games, and more, an inflatable zone for jumping fun, farm games to pick and enjoy, a classic car show, a market for shopping, and food vendors, dishing up delicious eats and treats. There will also be live music and entertainment, and the cherry on top will be a fireworks display at 9:30pm. Saturday, October 4, starting at noon. [LEARN MORE](#)

Celebrate Prosper - Prosper

Prosper's annual hometown party in the park returns bigger and better than ever. The park will come alive with music, family friendly fun, a variety of food trucks, cornhole tournament, and a toy drive. You'll also be treated to a petting zoo, inflatables, face painting, henna artist, balloon

in fact perfect. Give me a variety pack with milk chocolate, almonds, and toffee (I will ignore the dark chocolate, you'll have to eat those), and my week is made. Never change, Hershey's Nuggets. You are better than Ghirardelli squares, and you know it.

3-2. Sour Patch Watermelon & Sour Patch Kids. The yin and yang of sour candies. Sour Patch has really expanded its offerings in recent years, but I am a bit of a traditionalist — I think these two varieties are all you need. On the one side, you have the watermelon: not very sour at all, fun to suck on until it's really sweet or just chew up. Then you have the Kids, which you sort through to pick out your favorite flavors (a little brain challenge) and are actually sour. A little something for everyone, eh?

1. Reese's Peanut Butter Cups. All Reese's Peanut Butter cups should be mini. The mini versions — which have that foil wrapping — are more proportional than the flat ones and also easier to eat. Reese's are and will always be the champions of Halloween candy. Long may they reign."

See the rest of her favorite candy [HERE](#). Now it's your turn. Tell us your favorite treat? Send us a note [HERE](#).

Book recommendation



Meet Jasper: young, bold, and convinced he's way too sophisticated for plain ol' tidy-whities. But when he grabs a pair of neon glow-in-

(Continued on next page)

(Continued on next page)





art, and the ever-popular glow-in-the-dark bubble truck. It's a great opportunity to connect with the people and organizations that make Prosper such a special place to live. Bring a blanket or lawn chairs to enjoy the stage entertainment! Saturday, October 4 from 4pm-8pm. [LEARN MORE](#)

Pumpkin Nights - Arlington

Pumpkin Nights was founded in 2016 at the Minnesota State Fairgrounds with a mission to celebrate this magical time of year without the gore and scares. Now, Pumpkin Nights runs through the month of October in many cities, including DFW. Howell Farms in Arlington will host the event this year, complete with a half-mile walking path where families can discover fantastical lands, created using more than 7,500 hand-carved and artificial pumpkins. The fun continues with entertainment and games in a festival area. Designed for all ages and costumers are welcome. Now through October 31. [LEARN MORE](#)

Harry Potter: The Exhibition - Dallas

This sensory-certified experience brings together an incredible collection of authentic movie props, costumes worn by the actors, and recreations of iconic scenes and settings to create a fully interactive journey for fans to explore. Discover the magic of the wizarding world, practice your Quidditch skills, and explore locations inspired by the cozy haven of Hagrid's Hut and the lush Herbology greenhouse, where you can watch for nesting dragons, fantastic beasts, and hidden Boggarts. As you make your way through the exhibition, you can also seek Golden Snitch medallions to customize your experience based on your wizarding profile. Opens October 24. [LEARN MORE](#)

Trick or Treat The Square - Frisco

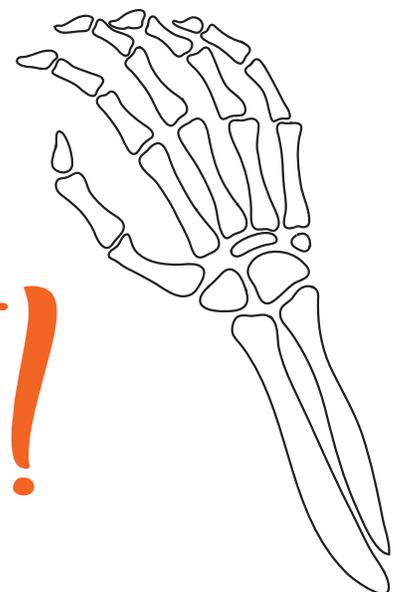
Frisco's favorite Halloween event is back this year, promising lots of holiday fun and festivities for the kiddos. There will be lots of carnival games, inflatables to romp around in, horse-drawn wagon rides, spooky treats, and of course, trick-or-treat candy. Costumes are encouraged, and young goblins can score even more goodies by trick-or-treating at the businesses on The Square. This is a free event. Saturday, October 25 from 1:00pm-4:00pm. [LEARN MORE](#)

the-dark briefs, he unleashes a horror no laundry basket can contain. They follow him. They haunt him. They refuse to die in the trash.

Creepy Pair of Underwear! is a chilling tale of childhood bravado gone horribly polyester. Parents, this glowing tale will have you laughing, howling, double checking that your own pairs do not glow! Get your copy [HERE](#). IF you dare!

Word of the Month

Conditioning is an ABA therapy technique to change the way a child perceives a particular item or event by closely associating it with another item or event that already evokes the perception. Operant conditioning, one type of conditioning, also uses positive and negative reinforcement to help change how often behaviors occur. For example, you reward your child for cleaning their room. Your child will associate cleaning their room with the reward, so they will do it more often to get the reward.



HAPPY
HALLOWEEN!

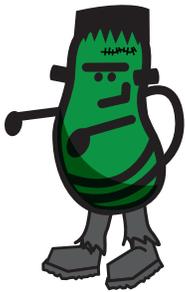




THEY'RE ALIVE!

Meet Buddy Bee's alter egos!

They're alien, scary, and right down ghoulish! But, they're friendly and fun! Let us know who your favorite character is. [EMAIL US.](#)

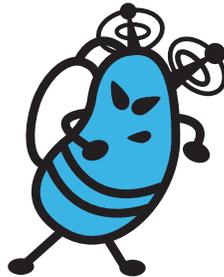


Frankenzzz Bee

Electrifying Personality: Frankenzzz Bee is brought to life with a jolt of electricity, and his energy is boundless—he's always buzzing around, ready for the next adventure!

Patchwork Appearance: His body is stitched together with different colored bee parts, giving him a unique, quirky look that everyone loves.

Gentle Giant: Despite his large, clunky frame, he's got a heart as sweet as honey and is always eager to help, especially when his hive needs him.



E.T.B.

Curiosity-driven: He loves to explore new worlds and constantly seeks to learn about different environments and species.

Tech-savvy: Known for his advanced alien gadgets, he uses technology to solve problems and help his friends.

Optimistic: Always looks on the bright side, even when faced with challenges, inspiring those around him to do the same.



Count Buzzula
a.k.a: Vlad the Impollinator

Charming but Spooky: While he's embraced his dark side as a vampire, he is still friendly and loves making friends—but only after the sun goes down!

Sweet Tooth: Instead of craving blood, this vampire bee has a hankering for nectar and honey, making him the sweetest vampire you'll ever meet.

Adventurer: He loves to fly through the night, helping other creatures of the dark while ensuring everyone is safe and having fun.



The **Behavior**Exchange® | *What could be, can be.*

972.312.8733

behaviorexchange.com

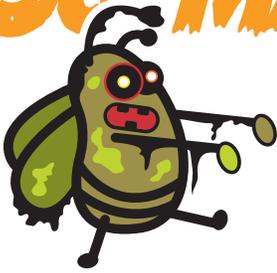


Proud to be a Behavioral Health Center Of Excellence®

LIKE us on: [f](#) [t](#) [y](#) [i](#) [p](#) [i](#)

A kind word works wonders. [G](#) | REVIEWS

SO MANY, MANY MORE!



Zombee

Slow but Steady: He may move a bit slower than usual, but his determination to help his friends never dies!

Craving Nectar Brains: Instead of hunting for brains, this zombie bee has an insatiable craving for nectar, always buzzing toward the next flower, no matter how zombified he looks.

Falling Apart, but Holding Together: With parts of his wings and body looking a little worn out, he's still full of life (sort of), always managing to keep himself together with the help of his friends.



Bones Buzz

Fearless: He is unafraid of anything, teaching others to face their fears head-on with courage and confidence.

Wise beyond years: With a timeless aura, he carries the wisdom of ancient times, offering advice that's rooted in experience.

Playfully spooky: Despite his skeletal appearance, he loves to have fun, delighting friends with his spooky pranks and lighthearted humor.



Beezilda

Potion Master: She loves brewing sweet honey potions that bring good luck and help her friends buzz faster and stronger.

Flying on a Broomstick: Instead of flying with just her wings, this witch bee zooms around on a tiny broomstick, casting friendly spells along the way.

Cackling Charm: With a cackle that's more cute than spooky, this bee witch is always up for a little mischief, but it's all in good fun!

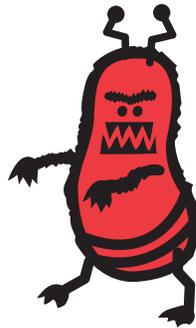


Howlbee

Loyal Pack Leader: He is always looking out for his hive, fiercely protective but with a heart of gold under all that fur.

Furry Transformation: When the moon is full, he grows a fuzzy coat, sharper stinger, and gains super strength—perfect for buzzing through the night.

Energetic and Playful: Despite his spooky appearance, he's a playful character who loves a good howl and a fun chase, especially when playing with Watson Bear.

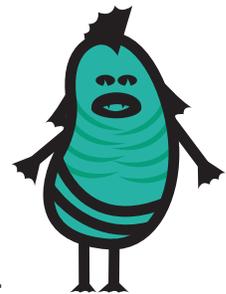


Crimson Stinger

Brave protector: Fiercely protective of his friends and always ready to defend them, standing up to any challenge.

Strong and resilient: His monster-like strength makes him unstoppable, and he teaches others the power of perseverance.

Loyal companion: Despite his tough exterior, he is deeply loyal, never leaving a friend behind.



Tide Stinger

Stealthy and mysterious: He glides through environments with quiet grace, often surprising others with his hidden talents.

Nature lover: Deeply connected to the natural world, he thrives in water environments and teaches the importance of harmony with nature.

Gentle giant: Though he may look intimidating, he has a heart of gold and a gentle approach, always helping others with kindness.



The Behavior Exchange® *What could be, can be.*

972.312.8733

behaviorexchange.com



Proud to be a Behavioral Health Center Of Excellence®

LIKE us on: [f](#) [t](#) [y](#) [i](#) [p](#) [i](#)

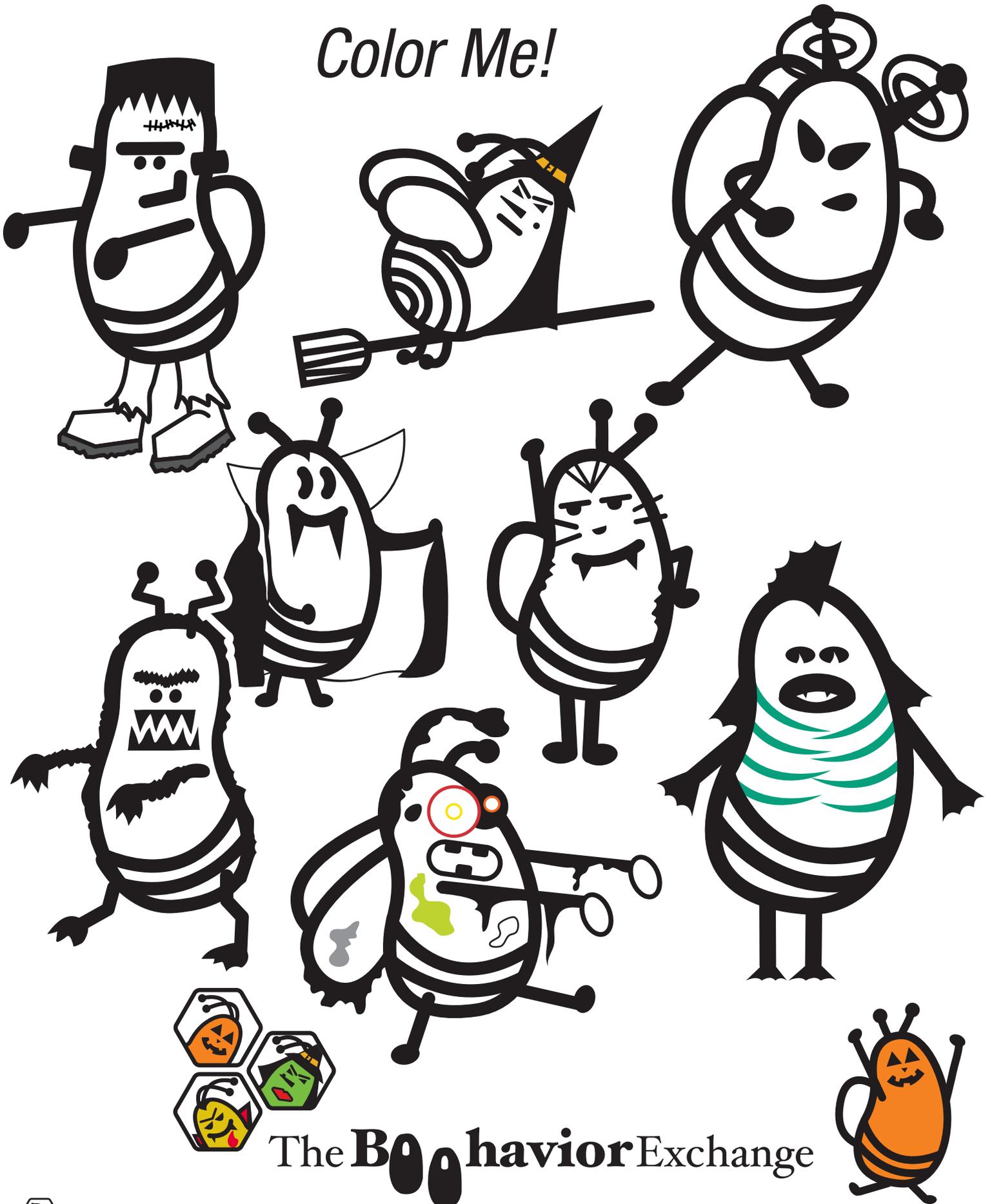
A kind word works wonders. [G](#) | REVIEWS

OCTOBER – 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Durga Puja	2 Yom Kippur Durga Puja	3 Dress-Up Friday Pajama Day! World Smile Day	4 Saturday Services Frisco Hive 9:00am-3:00pm
5 Albuquerque International Balloon Fiesta	6 National Noodle Day	7 Sukkot	8 Sukkot	9 Sukkot	10 Dress-Up Friday Wear a smiley face for World Smile Day! • Frisco ISD No School • Prosper ISD No School • Celina ISD No School World Egg Day Sukkot	11 Saturday Services Frisco Hive 9:00am-3:00pm
12 Sukkot	13 • Plano ISD No School • Frisco ISD No School • Prosper ISD No School • Celina ISD No School Indigenous Peoples' Day Sukkot	14 • Plano ISD No School • Frisco ISD No School • Celina ISD No School National Dessert Day	15 • Plano ISD No School • Prosper ISD No School • Celina ISD No School	16 • Plano ISD No School Boss's Day World Food Day	17 Dress-Up Friday Wear pink for Breast Cancer Awareness! • Plano ISD No School National Pasta Day	18 Saturday Services Frisco Hive 9:00am-3:00pm
19 Sukkot	20 Diwali	21 Back to the Future Day	22 Back to the Future Day	23 National Kangaroo Awareness Day	24 Dress-Up Friday Be Smart Day–Dress like a nerd!	25 Saturday Services Frisco Hive 9:00am-3:00pm Punk For A Day Day
26 National Pumpkin Day	27 Dress-Up Friday Wear orange and black	28 Dress-Up Friday Everything pumpkin	29 Dress-Up Friday Spooky character shirt Maha Saptami	30 Dress-Up Friday PJ day	31 Dress-Up Day Dress in your favorite costume! Halloween	



Color Me!



The **Boo**havior Exchange



The **Behavior** Exchange® | *What could be, can be.*



972.312.8733



behaviorexchange.com

Proud to be a Behavioral Health Center Of Excellence®



Go ahead, find us and LIKE us on:

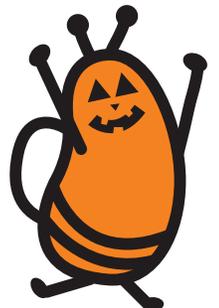
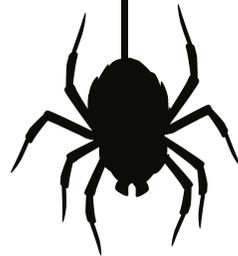


A kind word works wonders.



REVIEWS

Color Me!



The **Boo**havior Exchange



The **Behavior** Exchange® | *What could be, can be.*

☎ 972.312.8733 🌐 behaviorexchange.com

Proud to be a Behavioral Health Center Of Excellence®



Go ahead, find us and LIKE us on:



A kind word works wonders.





The
Behavior Exchange™
What could be, can be.

COMMUNITY
IMPACT

We recently partnered with Community Impact's Storytelling campaign to share important news about us and our local community. [Here's a link](#) to our sponsored story which will be featured in the CI Morning Impact newsletters this week in Prosper-Celina, Plano South, Plano North and Frisco.

In the story, we talk about our applied behavior analysis therapy that provides up to 40 hours a week of personalized care for children with autism and other special needs.

If you know a family who could benefit from our fun approach to ABA therapy, we hope you'll share the link to the article online. And please let us know if you have any feedback or questions. We'd love to hear from you!

In Partnership,

The Behavior Exchange

And

Community Impact

communityimpact.com

Sign up for Community Impact's [daily newsletter here](#).

Starting school?

Let's work together so your child is successful!

Too often in all the excitement, children with autism start school before they're actually ready. They're the right age, but they can lack the social skills they need to manage the school environment. It's a big transition for any kid! As expert ABA therapists with more than 20 years of experience, we can help your child make a smooth transition to school, continue to progress in the classroom, and even make friends.



Steps for School Success

1

Do your homework beforehand.

We use the Verbal Behavior Milestones Assessment and Placement Program (VB-MAPP) to guide parents on their child's readiness for school and identify any gaps in a child's development.

2

Reduce your child's ABA therapy hours gradually.

We don't want to see your child's progress slow down or regress once they're in school. A gradual reduction also makes insurance authorization for hours easier to attain.

3

Make use of state laws* allowing for school absences.

In Texas, an excused absence is allowed for behavioral services, like ABA therapy. Our Social Skills Groups are ideal for school-aged children. (*See Texas Education Code (TEC) §25.087(b)(2))

4

Tell us about any challenges your child is having.

Our ABA therapy services can help your child in all areas of life, such as sleeping and eating challenges that can impact school success.

5

Get us involved in the IEP/ARD process if needed.

We work alongside parents and advocate for their children to receive the attention and education they need at school.

Give your child everything they need to make the grade.

Contact us today!



972.312.8733



enroll@behaviorexchange.com

We can make a difference!



The Behavior Exchange®
What could be, can be.®



Proud to be a Behavioral Health Center of Excellence®



972.312.8733



behaviorexchange.com



enroll@behaviorexchange.com



North Texas



Family Owned & Operated



Member Since 2020



ACE Provider



Member Since 2020



Education Partner