



End of the Month Edition: **JAN. 20, 2022**



What's new for February.

February is the LOVE month, thanks to Valentine's Day. We at The Behavior Exchange understand that love plays an incredibly important part in all of our lives, but a special part in the lives of our children. The love parents and caretakers give to children is essential to their well-being and provides a strong foundation for their lives to develop.

This month, we propose a small challenge: Everyday, tell yourself three things you love about yourself. Tell your children three things you love about them. Write them down and keep them for your own treasure chest. We would love to hear how this challenge went and what conversation it sparked within your family.

See what else is happening at TBE.

Insurance changes

Be sure to keep us posted of any insurance changes for this year. If you've changed insurance, please provide a copy of your new insurance card as soon as possible. Contact our Intake Team if you have any questions.

Parent's Night Out

We have our Parent's Night Out scheduled for February 17th, just a few days after Valentine's Day. Drop the kids at our place, then go on a belated Valentine's Day date, catch up on errands, or simply relax at home and catch up on your reading.

Group Parent Training

February brings more opportunities for our families to participate in our Group Parent Training series featuring topics that include: *Behavior: What's in it for me? Understanding the functions of behavior.* | *Social Stories for Families. How to use social stories to help your child understand the world.* | *Managing Meltdowns in McDonald's.*

TBE Calendar

Notable Dates

For all the important dates in one place, be sure to pick up our printed calendar! You can also log on to our site and view selected events: [CLICK HERE](#)

2/3: Group Parent Training (GPT)

2/10: Group Parent Training (GPT)

2/14: Valentines Day's: Wear red or pink!

2/17: Parent's Night Out (PNO)

2/24: Group Parent Training (GPT)



Get to know us!

Meet Katy. She embodies our core value of HOPE. Katy provides an inspirational, optimistic, and fun atmosphere for our kids to experience positive change.

Favorite restaurant: Korean BBQ

Favorite movie: Marvel Winter Soldier

Favorite band: Jhene Aiko

Hobbies: Painting





Beginning this spring, we will also start offering a monthly, ABA therapy in-depth training series. These sessions will go beyond the basics to provide you with a comprehensive understanding of ABA therapy services and how to best support your child.

As we continue to build our training library, we would love to hear from our families about what they would like to engage in more. Send suggestions: jfarrar@behaviorexchange.com

Community Events. See what's the buzz around town.

DFW AREA

A Chance to Hike

February 19, 10:00 am – 12:00 pm

This free guided nature walk for members of the special needs community will take place along the wide and level crushed-granite surface of the Cottonwood trail. You may see signs of deer, coyote, or bobcat, and maybe even see an armadillo during this mile-long hike. Registration is required. [REGISTER HERE.](#)

Parent & Caregiver Support Group

February 16, 12:00pm – 1:00pm

Join the Texas Autism Society virtual Parent & Caregiver Support Group where you can meet other parents and form supportive relationships! Support Group meets the third Wednesday of each month via Zoom at 12pm and is a safe space with a laid-back environment where parents are free to share any feelings, challenges, or celebrations they may be experiencing. To join, please email Liz McCormick at parenting@eastersealstx.org to join or [REGISTER HERE.](#)

Gymmie Kids – ASI Gymnastics

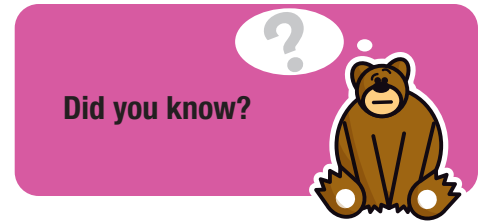
Enroll Any Time

Gymmie Kids is a gymnastics program tailored to each exceptional child's particular needs. It helps children gain strength, improve gross motor skills, and increase confidence, while they learn gymnastic skills at the same time. [LEARN MORE HERE.](#)

Fort Worth Stock Show & Rodeo

February 1-5

Entertainment and educational options for kids are king at the legendary Fort Worth Stock Show & Rodeo and are almost endless. What kid doesn't want to experience the western way of life up close and personal? Check out some of wonderful things for your child to experience at the Stock Show: [CLICK HERE.](#)



Did you know?

Autism Speaks is a wonderful resource to bookmark. Under their EVENTS page, you can find informative and educational online webinars on various topics related to autism. [CLICK HERE](#) and see what's coming up.

Free at-home covid tests. The USPS is now providing FREE at-home COVID-19 testing kits. Each kit includes 4 rapid antigen tests. [CLICK HERE.](#)

Our BCBA's recommend:

Arthur Czarowski, BCBA at The Behavior Exchange recommends the book: **Autistic Logistics.** This book by Kate C. Wilde provides good blueprints for tackling life's daily challenges and common difficulties parents can experience with children with autism. The author includes various examples, exercises and checklists to use as tools in managing many of life's difficult situations.

TBE blog

Our expert BCBA's and therapists have been collecting and writing articles related to autism and ABA therapy all the way back to 2013! That's almost a decade of expert info all easily accessible through our [BLOG.](#) Check it out!





BOULDER, CO

Sensory Friendly Playtime at the WOW! Children’s Museum

February 27, 10:00 am – 12:00 pm

Sensory Friendly Playtime is a special museum program for children with autism spectrum or sensory processing disorders. WOW! will limit capacity, turn down sounds and lights, and provide adaptive equipment to offer a safe and fun experience for all! [REGISTER HERE.](#)

Sensory Friendly Passport to Culture: Once Upon A Dance

February 9

The Cleo Parker Robinson Dance Ensemble presents a colorful tapestry of movement and storytelling, sharing elements of the rich cultural diversity that weaves us together. Our sensory-friendly programming presents performances for families of individuals with intellectual or developmental disabilities, autism, sensory processing disorder, or other conditions. Performers modify shows to ensure there are no startling noises or visually over-stimulating components. Our team keeps sound levels lower than normal and keeps the lights in the audience higher than normal, ensuring audience members can see each other. Audience members are free to come and go if need be (there is always a “safe room” available) and are asked to wave hands rather than clapping. [LEARN MORE HERE.](#)

Sensory-Friendly Morning at the Denver Art Museum

February 13, 9:00am – 11:00am

The museum’s Sensory-Friendly Mornings is a program for kids with neurodiversity or sensory-processing disorders and their families to visit the museum in a safe and fun way. The museum will open early, dim the lights, and provide tools to aid and guide a sensory-friendly experience for the whole family. [LEARN MORE HERE.](#)

Next Newsletter: Feb. 3.

TED talk

How autism freed me to be myself.

Rosie King

“People are so afraid of variety that they try to fit everything into a tiny little box with a specific label,” says 16-year-old Rosie King, who is bold, brash and autistic. She wants to know: Why is everyone so worried about being normal? She sounds a clarion call for every kid, parent, teacher and person to celebrate uniqueness. It’s a soaring testament to the potential of human diversity. [CLICK HERE.](#)



FEBRUARY

THE MONTH OF LOVE!

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--------------------------------------|--------------------------------|--|---|--|
| | | 1 <i>Chinese New Year</i> | 2 <i>Groundhog Day</i> | 3 Group Parent Training Behavior: What's In It For Me? 12pm, CST via Zoom | 4 Dress-Up Friday Chinese New Year Wear red, gold, and yellow! | 5 Social Saturday Frisco Hive 9am-3pm, CST |
| 6 | 7 | 8 <i>National Kite-Flying Day</i> | 9 <i>National Pizza Day</i> | 10 Group Parent Training Social Stories for Families 12pm, CST via Zoom | 11 Dress-Up Friday Superbowl FriYay! Sport your favorite football team! <i>International Day of Women & Girls in Science</i> | 12 Social Saturday Frisco Hive 9am-3pm, CST |
| 13 <i>Superbowl Day</i> | 14 Holiday Dress-Up Valentine's Day Wear red, pink, purple, or white! <i>Valentine's Day</i> | 15 | 16 | 17 Parent's Night Out Frisco & Plano hives: 5:30pm-8:30pm, CST | 18 Dress-Up Friday Wear Kindness Dress in smileys or positive words! | 19 Social Saturday Frisco Hive 9am-3pm, CST |
| 20 <i>National Love Your Pet Day</i> | 21 <i>President's Day</i> | 22 | 23 | 24 Group Parent Training Managing Meltdowns in McDonald's 12pm, CST via Zoom <i>National Chili Day</i> | 25 Dress-Up Friday President's Day Wear red, white, and blue! | 26 Social Saturday Frisco Hive 9am-3pm, CST |
| 27 | 28 | | | | | |

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



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



Plano 972.312.8733 | Frisco 469.850.5701 | Boulder 720.647.8541



behaviorexchange.com

Proud to be a Behavior Health Center Of Excellence. 

Go ahead, find us and LIKE us on:



A kind word works wonders.  REVIEWS