



## SEE WHAT'S HAPPENING AT OUR HIVES:



### Lucky you!

When we think about luck, it makes us think of the Taoist story of the farmer: *There was an old farmer who had worked his crops for many years. One day his horse ran away. Upon hearing the news, his neighbors came to visit. "Such bad luck," they said sympathetically. "Maybe," the farmer replied. The next morning the horse returned, bringing with it three other wild horses. "How lucky!" the neighbors exclaimed. "Maybe," replied the old man. The following day, his son tried to ride one of the untamed horses, was thrown, and broke his leg. The neighbors again came to offer their sympathy for what they called his "bad luck." "Maybe," answered the farmer. The day after, military officials came to the village to draft young men into the army. Seeing that the son's leg was broken, they passed him by. The neighbors congratulated the farmer on how lucky he was. "Maybe," said the farmer.*

The point, maybe, is luck can come in many forms and that it's not always obvious to see, especially when our emotions get in the way. Or maybe, just maybe, the moral of the story is to always remain open to the possibilities as you face changes in life, and that hope, not luck, is what lights our path forward.

Do you feel lucky? Or unlucky? Tell us about how you interpret the farmer's story! We'd love to hear from you: [buddy@behaviorexchange.com](mailto:buddy@behaviorexchange.com). One thing is for sure, we're lucky to have you as part of The Behavior Exchange family!

### Party Time! Frisco Hive Open House!

Get yourself ready to come out to our award-winning Frisco Hive on Saturday March 25 (10:00am to 2:00pm) to have a wonderful, and fun time! If you've never been in our Frisco Hive, this is the day for you! It's a must-see hive, beautifully designed to set children's' imagination soaring! Come immerse yourself in the naturally lit rooms, and explore fun to the fullest! Face-painting and henna, balloon artist, snacks, door prizes and so much more! We highly encourage you to bring a friend to see what expert, caring, and accredited ABA therapy can be. And, you could win an iPad! See flyer on this newsletter for more info.

(continued on next page)

### IN THIS ISSUE:

- LUCK
- FRISCO HIVE OPEN HOUSE
- SUMMER REQUEST FORMS
- GROUP PARENT TRAINING
- HOLI
- VOTE FOR US
- BUZZING AROUND DFW/CO

### TBE Calendar

- 3/3: Summer Schedule Request DUE
- 3/4: GPT Class: Parent Group Discussion
- 3/8: GPT: Learning Hour: Bedtime Help
- 3/8: Holi festival
- 3/11: GPT: Taming The Tantrums
- 3/15: Best of Voting Ends
- 3/11: GPT: Gaining Compliance
- 3/17: St. Patty's—Wear Green!
- 3/18: GPT: Gaining Compliance
- 3/18: GPT: Taming The Tantrums
- 3/23: GPT: Learning Hour: Bedtime Help
- 3/25: Frisco Hive Open House!

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](#)

### We recommend: books

#### Zen Shorts

"Michael," said Karl. "There's a really big bear in the backyard." This is how three children meet Stillwater, a giant panda who moves into the neighborhood

(continued on next page)





## Summer Schedule Request Forms—Due Friday, March 3.

Get your summer planning done and done early this year and head into Spring Break with one less thing to check on your to do list. Summer Schedule Request Forms are due soon! As a reminder, while we do our best to accommodate all of our families' requests, we can't guarantee all requests. In these cases, we may propose an alternative schedule or location. Thank you for your understanding.

## Group Parent Training (GPT)

Parents, grandparents, and guardians! This March, we're offering 4 GPT classes:

**Parent Group Discussion.** Learn from a great book and from each other! Join a BCBA-led Parent Group Discussion in an informal discussion from the first 3 chapters from the book "Autism 24/7: A Family Guide to Learning at Home and in the Community," by Andy Bondy, Ph.D & Lori Frost, CCC/SSLP. The BCBA will present each chapter and then the group will discuss relevant information.

**Learning Hour: Bedtime Help.** Join our clinical director and BCBA bedtime expert as she takes a speed tour of ways to help your child calm down for sleep, establish bedtime routines, bedtime supports, fading supports, sleep in their own bed, how to fall back asleep and reinforcement ideas for "super-sleepers!"

**Gaining Compliance.** Non-compliance is one of the biggest problems parents face. How do I get my kid to do what I say, when I say it, the first time I say it. Is that even possible? (Yes, it is, really!) Learn how to pick your battles, stop giving away your best reinforcers for free and learn when it is OK to give in and when it's not.

**Taming The Tantrums.** BACK BY POPULAR DEMAND: Our most popular Group Parent Training (GPT) class ever! Both parents and BCBA's have requested that we offer this class again. Many caregivers who have taken this class have reported measurable decreases in their child's tantrums and success in their ability to deal with their child's problem behavior.

For info on times and dates, please see flyer in this newsletter. If you would like to learn about a topic not previously discussed or want more in-depth discussion, let us know! We love to get feedback. [buddy@behaviorexchange.com](mailto:buddy@behaviorexchange.com)

## Holi: Festival of Colors!

"This festival celebrates the arrival of spring and harvests to come, and the victory of good over evil," The Snazzy Mom founder Arushi Garg explains. The two-day festival is also meant to celebrate the victory of Lord Vishnu, and though it originated in India, Holi is now celebrated around the world. As Garg adds, "Although it is traditionally a Hindu festival, Holi is celebrated across the globe and is a great equalizer." Do you celebrate Holi? Let us know! Send us your most colorful message: [buddy@behaviorexchange.com](mailto:buddy@behaviorexchange.com)

(continued on next page)

and tells amazing tales. To Addy he tells a story about the value of material goods. To Michael he pushes the boundaries of good and bad. And to Karl he demonstrates what it means to hold on to frustration. With graceful art and simple stories that are filled with love and enlightenment, Jon Muth—and Stillwater the bear—present three ancient Zen tales that are sure to strike a chord in everyone they touch. [LEARN MORE](#)

## Fun fact: St. Paddys

### Fun Facts about our favorite emerald holiday: St. Patrick's Day

- St Patrick's Day was originally blue! But why was St Patrick's day blue? Historians say that during the Irish Rebellion of 1798, an uprising against British rule in Ireland, Irish soldiers wore full green uniforms on March 17 to make a political statement. As a result, the shift from blue to green happen. Some say that this is where the phrase "the emerald isle" came from.
- Chicago dyes its river every year. The dyeing tradition became an annual thing nearly 60 years ago, in 1962. The dyeing process will begin at 9 a.m. on the morning of the parade, March 17.
- There are over 34.8 million U.S. residents with Irish ancestry! Wow! Just to put that in perspective, it is more than seven times the current population of Ireland. Irish is the second-most common

(continued on next page)







## World Down Syndrome Day Celebration

March 19, 2023. 2:00 PM until 4:00 PM. Arlington Backyard at Texas Live!

World Down Syndrome Day is celebrated around the world on March 21, a date chosen to represent the triplication of the 21st chromosome that causes someone to have Down syndrome. On Sunday, March 19, join Down Syndrome Partnership of North Texas (DSPNT) for its annual World Down Syndrome Day celebration at Arlington Backyard at Texas Live! There will be music, performances, and will be passing out the annual Down Syndrome Advocacy Awards. [LEARN MORE](#)

## THE BUZZ AROUND BOULDER:



### Creekside for Kids

May 26, 2023 - May 29, 2023. Creekside for Kids, 26 May.

Creekside for Kids at the Boulder Creek Festival features a weekend full of family activities! Concerts for kids, games, and activities take place in the Kids Zone as well as educational guests. Learn more about the full schedule by signing up here: [SIGN UP](#)

### Kids Create

Mar 5, 2023 4:00 P.M - 4:30 P.M. Denver Public Library.

For ages five and under, this is a hands-on learning experience where families and their kiddos can explore new materials and create projects together. If you need any accommodations, reach out to the library. [LEARN MORE](#)

### Family Make and Take: Leprechaun Gardens

March 12. 1:00 pm - 12:00 am. Denver Botanic Gardens York.

Families with kids ages 5 and up will discover the legend of the leprechaun as they design and create a miniature garden to attract these mischievous garden friends! Family Make and Take programs offer a space for children and their grownups to connect with natural materials and create together. These self-guided and self-paced programs are designed to provide a creative environment that sparks the imagination. [LEARN MORE](#)

However there are other arguments as well, that support the celebration of Holi and its origin. The story is also narrated in various ways but the conclusion remains the same (i.e. – victory of good over evil.)

- Other legend behind the origin of Holi is that Lord Krishna as a baby was poisoned by the breast milk of Putana and thus he developed the characteristic blue color of his skin. Krishna was not sure if fair skinned Radha and other girls would like him. Thus he approached Radha and colored her face in some colors. Radha accepted Krishna despite the blue color of his skin and since that day the festival of Holi is celebrated.

- It's celebrated after the full moon in the month of 'Phalguna' which generally falls between February and March.

- The festival starts on the night before Holi when people gather and start a bonfire. The bonfire is lit up between 8 pm and midnight. People gather around the fire to watch it while eating their favorite food items, and talk with friends.



- Good for bonding: The festival of Holi, like Diwali, is a significant one in India and Nepal. It is a great occasion for people from different religious communities, castes, colors and creeds to come together and strengthen their bonds, and also repair their broken relationships. [LEARN MORE](#)



# MARCH {Developmental Disabilities Month} SPRING HAS SPRUNG!



**“Some of the most wonderful people are the ones who don’t fit into boxes.”– Tori Amos**

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	31	1	2	3 <b>Dress-Up Friday</b> Bee Bright - wear fun, bright colors!  <b>Summer Camp Schedule Request forms DUE.</b>  <i>If Pets Had Thumbs Day</i>	4 <b>Saturday Services</b> Frisco Hive 9:00am-3:00pm, CST  <b>GPT: Parent Group Discussion.</b> 12:00–3:00 pm. Frisco Hive.
5	6 Plano & Prosper ISD Spring Break <i>National Oreo Cookie Day</i>	7 Plano & Prosper ISD Spring Break <i>Purim begins</i>	8 <b>GPT: Learning Hour: Bedtime Help.</b> 12:00–1:00 pm. Telehealth.  Plano & Prosper ISD Spring Break <i>Holi Festival</i>	9 Plano & Prosper ISD Spring Break	10 <b>Dress-Up Friday</b> Spring Forward: wear PJs to rest up!  Plano & Prosper ISD Spring Break
12 <i>Daylight savings begin</i>	13 Plano ISD no classes Frisco ISD Spring Break	14 Frisco ISD Spring Break <i>National Pi Day</i>	15 Frisco ISD Spring Break	16 Frisco ISD Spring Break	17 <b>Dress-Up Friday</b> St. Patty's Day: wear green to be lucky!  Frisco ISD Spring Break <i>Saint Patrick's Day</i>
19	20 <i>Spring Equinox</i>	21 <i>World Poetry Day</i>	22 <i>Ramadan begins</i>	23 <b>GPT: Learning Hour: Bedtime Help.</b> 11:00–12:00 pm. Telehealth.	24 <b>Dress-Up Friday</b> March Madness – sport your favorite basketball team!
26	27 Boulder Valley SD Spring Break	28 Boulder Valley SD Spring Break	29 Boulder Valley SD Spring Break	30 Boulder Valley SD Spring Break <i>National Doctor's Day</i> <i>Rama Navami</i>	25 <b>Saturday Services</b> Plano Hive 9:00am-3:00pm, CST  <b>Frisco Hive Open House (Proposed)</b>
				31 <b>Dress-Up Friday</b> Wacky Tacky Day- be foolish for April Fools!  Boulder Valley SD Spring Break	1 April

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



The **BehaviorExchange**® | *What could be, can be.*®



972.312.8733 TX | 720.647.8541 CO



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

# Let's have some fun!



Saturday, March 25  
10:00am – 2:00pm

Come one, come all to our family fun day in Frisco!

As your **local autism expert**, we're opening our doors for a party this spring so more and more families can discover the benefits of **accredited, caring, and fun ABA therapy** – the gold standard for children with autism and their families.

Our **Frisco Hive** is the perfect party setting! You'll love the award-winning design and how it encourages children to playfully explore and interact with the world around them, make new friends, and learn important skills for success in school and beyond.

**BCBAs** (Board Certified Behavior Analysts) and **RBTs** (Registered Behavior Technicians) will be on hand to answer all your questions and show you around. So mark your calendars and plan on having a **fantastic** time!



## Frisco Hive Open House

8501 Wade Blvd, Building 12  
Frisco, TX 75034

Enjoy:

- FACE PAINTING & HENNA
- BALLOON ARTIST
- BUDDY BEE PHOTO OPS
- DOOR PRIZES
- SNACKS
- WORLD TRAVEL THEMED ACTIVITIES
- AND MORE...

All in a sensory friendly environment!

**Plus,**  
you could win a new iPad!

Use QR Code for details!



**BRING A FRIEND!**  
Bring ALL your friends!  
  
The more the merrier!



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



Proud to be a Behavioral Health Center of Excellence®

972.312.8733 TX | 720.647.8541 CO

[behaviorexchange.com](http://behaviorexchange.com)

[enroll@behaviorexchange.com](mailto:enroll@behaviorexchange.com)

North Texas | Colorado



Family Owned & Operated



Member Since 2020



ACE Provider



Member Since 2020



Education Partner

# MARCH 2023



Group  
Parent  
Training

## Parent Group Discussion

Learn from a great book and from each other! Join a BCBA-led Parent Group Discussion in an informal setting from the first 3 chapters from the book "Autism 24/7: A Family Guide to Learning at Home and in the Community," by Andy Bondy, Ph.D & Lori Frost, CCC/SSLP. The BCBA will present each chapter and then the group will discuss relevant information like: Setting goals for your child in your home, using motivational strategies to build successful change, and important communication goals in and around the home.

Register at: <https://www.signupgenius.com/go/9040449aaaf29aaf49-bcba2#/>

Registration will be on a first come first serve basis.

## Learning Hour: Bedtime Help

Join our clinical director and BCBA bedtime expert as she takes a speed tour of ways to help your child calm down for sleep, establish bedtime routines, bedtime supports, fading supports, sleep in their own bed, how to fall back asleep and reinforcement ideas for "super-sleepers!"

Register at: <https://www.signupgenius.com/go/9040449aaaf29aaf49-weneed1#/>

Registration will be on a first come first serve basis.

## Gaining Compliance

Non-compliance is one of the biggest problems parents face. How do I get my kid to do what I say, when I say it, the first time I say it. Is that even possible? (Yes, it is, really!) Learn how to pick your battles, stop giving away your best reinforcers for free and learn when it is OK to give in and when it's not.

Register at: In person <https://www.signupgenius.com/go/9040449aaaf29aaf49-make1#/>  
Telehealth: <https://www.signupgenius.com/go/9040449aaaf29aaf49-gaining#/>

Registration will be on a first come first serve basis.

## Taming The Tantrums

BACK BY POPULAR DEMAND: Our most popular Group Parent Training (GPT) class ever! Both parents and BCBAs have requested that we offer this class again. Many caregivers who have taken this class have reported measurable decreases in their child's tantrums and success in their ability to deal with their child's problem behavior.

Register at: In person <https://www.signupgenius.com/go/9040449aaaf29aaf49-parent#/>  
Telehealth <https://www.signupgenius.com/go/9040449aaaf29aaf49-taming#/>

Registration will be on a first come first serve basis.



MAR

SATURDAY

4

12:00 – 3:00 pm.  
In-Person

Please sign up for Saturday Services (in our Frisco Hive) for your child.

Frisco Hive



MAR

WEDNESDAY

8

12:00 – 1:00 pm.  
Telehealth

Zoom link for class will be emailed once SignUp Genius registration is completed.



MAR

THURSDAY

23

11:00 – 12:00 pm.  
Telehealth

Zoom link for class will be emailed once SignUp Genius registration is completed.



MAR

SATURDAY

11

12:00 – 3:00 pm.  
In-Person

Please sign up for Saturday Services (in our Frisco Hive) for your child.

Frisco Hive



MAR

SATURDAY

18

9:00 – 11:30 am.  
Telehealth

Zoom link for class will be emailed once SignUp Genius registration is completed.



MAR

SATURDAY

11

9:00 – 11:30 am.  
Telehealth

Zoom link for class will be emailed once SignUp Genius registration is completed.



MAR

SATURDAY

18

12:00 – 3:00 pm.  
In-Person

Please sign up for Saturday Services (in our Frisco Hive) for your child.

Frisco Hive



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

972.312.8733 TX | 720.647.8541 CO behaviorexchange.com

Proud to be a Behavioral Health Center Of Excellence®



Go ahead, find us and LIKE us on:



A kind word works wonders.



# SIMPLY THE BEST!



## Vote for The Behavior Exchange in Living Magazine's 2023 "Best of" Awards!

Voting ends March 15th. Show your support and let others know when it comes to expert, caring, and fun ABA therapy, we're simply best! Use the QR and follow these simple steps to vote for us!

1. Go to [surveymonkey.com/r/frisco-plano](https://surveymonkey.com/r/frisco-plano) (use QR code —>)
  2. Enter your **name**, **zip code**, and **email**. Click "Next"
  3. Select "**Healthcare**" as the industry. Click "Next"
  4. Vote for "**Therapy Services — ABA**" and enter "**The Behavior Exchange**" in the "**Practice**" field. Click "Next".
  5. Select "**No, I'm done!**" on the next page. Click "Next".
  6. Click "**Done**" on the "Thank you for voting" page.
- You're done! Share with your friends!

# Thank you!

## VOTE FOR US!

For best ABA therapy in Living Magazine's 2023 "Best of" Awards!



[surveymonkey.com/r/frisco-plano](https://surveymonkey.com/r/frisco-plano)



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



Proud to be a Behavioral Health Center Of Excellence®



Did you know that the color green is a secondary color. This mean that green can only be achieved by combining TWO primary colors.

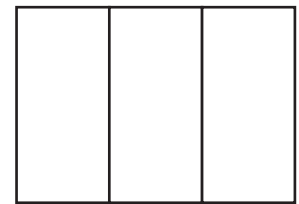
**Can you tell me which colors?**

- [ ] Orange & Blue
- [ ] Blue & Yellow
- [ ] Purple & Red

*Color Me!*



Irish Flag:



Green White Orange



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

972.312.8733 TX | 720.647.8541 CO

Proud to be a Behavioral Health Center Of Excellence®



Go ahead, find us and LIKE us on:



A kind word works wonders.

**G** | REVIEWS