



SEE WHAT'S HAPPENING AT OUR HIVES:



Autism Awareness Month. Autism Acceptance Month.

We know that April is “Autism Awareness Month” (also called “World Autism Month”), but did you know there has been a concerted effort to change the focus from awareness to acceptance?

Autism awareness and autism acceptance are different concepts that are often confused with each other in some circles of society. Autism “awareness” refers to the understanding and recognition of autism as a condition. It’s all about educating people regarding what autism is, its symptoms, and its effects on individuals and their families. Awareness is important because it helps to reduce misconceptions about autism and keeps it top-of-mind for new parents so children can benefit from early intervention..

Autism “acceptance” goes beyond that. Acceptance means embracing and celebrating the wonderful unique qualities and strengths of individuals with autism. Acceptance involves recognizing and respecting the individuality of each person with autism, and creating an environment that is inclusive and supportive. It means valuing the contributions of individuals with autism and ensuring that they have equal opportunities to participate in all aspects of our society.

While awareness is important, it’s simply not enough anymore. To truly make a difference in the lives of people with autism, we need to shift our focus towards acceptance. This means not only educating people about autism, but creating a society that values and includes all people with autism. Let’s promote autism acceptance. Let’s help reduce the stigma and discrimination that people with autism often face, and create a more inclusive and accepting world for everyone.

Tell us your thoughts about April being “Autism Awareness Month” or “Autism Acceptance Month.” Let us know: buddy@behavioexchange.com

(continued on next page)

IN THIS ISSUE:

- AWARENESS, ACCEPTANCE
- HAPPY EASTER
- GROUP PARENT TRAINING (GPT)

TBE Calendar

4/1: GPT: Autism 24/7

4/5: GPT: Learning Hour: Shaping

4/7: CLOSURE: GOOD FRIDAY

4/8: Autism Run Dallas

4/15: GPT: Make and Take: How to Build a Token Board or a Token Economy

4/15: GPT: How to Deal with Problem Behavior

4/22: GPT: Make and Take. How to Build a Token Board or a Token Economy

4/22: GPT: How to Deal with Problem Behavior

4/25: GPT: Learning Hour: Shaping

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](#)

Quote of the day

“There are no days in the whole round year more delicious than those which often come to us in the latter half of April... The sun trembles in his own soft rays... The grass in the meadow seems all to have grown green since yesterday... though there is warmth enough for a sense of luxury, there is coolness enough for exertion.”

— Thomas Wentworth Higginson,
“April Days,” 1861

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Good Friday Closure.

We will be closed on **Friday, April 7** in observance of Good Friday and Easter weekend. The whole TBE Family wishes you a happy, safe, and EGG-cellent time with family, friends, and loved ones! Happy Easter, y'all!

Group Parent Training (GPT).

Parents, grandparents, and guardians! This April, we're offering 4 GPT classes once again:

Parent Group Discussion: Autism 24/7. Learn from a great book and from each other! Join an informal, BCBA-led discussion of chapters 4-6 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.

Learning Hour: Shaping. Join one of our BCBA's as they take you through an important hour-long session on how to shape behavior. Shaping behavior is how we change our children's behavior and it's a critical skill to have as a parent.

Make and Take: How to Build a Token Board or a Token Economy. Tokens and token economies are a bridge to help our kids learn to go from an immediate "1 behavior = 1 reinforcer" to doing 4 or 5 tasks and then earning a reinforcer. Token boards can help teach waiting calmly and delay in reinforcement. Learn how to successfully build a token economy.

How to Deal with Problem Behavior. One of our most popular Group Parent Training (GPT) classes! There is a difference in how to deal with junk behavior vs. dangerous behavior. Learn how to pick your battles, how to set the occasion for better behavior, and how a functional approach to problem behavior makes all the difference!

For info on times and dates, please see the 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

THE BUZZ AROUND DFW:



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Listen here

Our very own super star BCBA Kally Tejada has a great podcast she recommends: **ABA Inside Track**.

While they have 100s of podcast related to ABA therapy and other subjects, we thought their episode on Prompting would be a good podcast episode to start.

[LISTEN HERE](#)

Fun fact

Facts about April Fools

- April Fools' Day is also called All Fools' Day, and is celebrated on April 1st each year.
- The book *The Canterbury Tales*, written in 1392 by Geoffrey Chaucer, associated April 1st with foolishness.
- April Fools' Day pranks and hoaxes are meant to be harmless and funny.
- In 1698 an April Fools' Day joke tricked several individuals to go to see lions being washed at the Tower of London.
- April Fools' Day in Scotland is called Huntigowk Day. In Scots, the word gowk means a cuckoo or foolish individual.
- In Poland, April Fools' Day is so strongly believed that an anti-Turkish alliance signed on April 1st with Leopold I in 1683 had to be backdated to March 31st.
- In Poland, Denmark, Sweden, and Norway, the media will often publish a story that is false in honor of Aril Fools' Day.
- Italy, Belgium, France, and Quebec, Canada often refer to April Fools' Day as

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2023 Autism Speaks Dallas/Fort Worth 5k/1k.

Join Autism Speaks as they help raise funds for the mission of Autism Speaks — to fuel innovative research and make connections to critical lifelong supports and services for the autism community. Lone Star Park, Courtyard of Champions. 1000 Lone Star Parkway. Grand Prairie, TX 75050. Saturday, April 8 2023. 7:00 a.m. Registration Opens. See flyer on this newsletter for more details. [LEARN MORE](#)

Especially Needed's Easter Egg Hunt

April 08, 2023. 12:00 PM until 03:00 PM. Miracle League Field at Harold Bacchus Community Park. 13995 Main Street, Frisco, TX. It's time for nonprofit Especially Needed's Easter Egg Hunt and Resource Fair for individuals with special needs and their families. As always, the event is filled with fun activities for the families including photos with the Easter Bunny, games and a bounce house, as well as a resource fair. [LEARN MORE](#)

Easter Weekend at the Dallas Arboretum

April 7–9, 9am–5pm. Dallas Arboretum offers an action-packed Easter weekend of bubbles, stories and a petting zoo. And, a rep confirms, Chris Ivey Photography will offer photos with a real rabbit at the wishing well for an additional charge. Are you a member? On the three weekends leading up to Easter, the arboretum welcomes its members to join exclusive egg hunts in Jonsson Color Garden, as well as photo sessions and other activities like children's crafts, breakfast and a juice bar, and take-home Easter cookie kit. Held March 31, April 1–2 and April 7–8 from 7:30 to 9am. [LEARN MORE](#)

Explorium Denton's Touch-a-Truck

April 22, 2023. 09:00 AM until 02:00 PM. C.H. Collins Athletic Complex: 1500 Long Road, Denton, TX, 76207. Touch-A-Truck is Explorium Denton's annual community-wide event that involves public and private entities offering a unique opportunity to people all over Denton County. This event allows children of all ages to explore vehicles of all types: public service, emergency, utility, construction, landscaping, transportation and delivery trucks and just plain cool – all in one place. [LEARN MORE](#)

IDD Support Group

January 28, 2023 to December 23, 2023. 02:00 PM until 04:00 PM. This event occurs monthly, on the fourth Saturday of Every Month. The Potter's House of Dallas: 6777 W Kiest Blvd., Dallas, TX, 75236. Join Capable Minds, Hearts, & Hands: The Potters House IDD Outreach program, which is designed to serve, empower, and involve those with intellectual or developmental disabilities (IDD), and their families, friends, siblings, and caregivers. [LEARN MORE](#)

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April Fish. Part of this custom is to attach a paper fish to someone's back as a joke, without being noticed. This is referred to as 'Poisson d'Avril'. [LEARN MORE](#)

Let's continue the April Fools fun!

Have you ever done an April Fool's prank? Check out these funny, silly, and harmless prank ideas:

- **Sticky Shoe Situation:** Smear some crunchy peanut butter around their shoe for a pretty convincing illusion that they stepped in some serious dog poop. For an even grosser twist, wipe your finger through it and put it to your nose to seemingly confirm the funky finding!

April fools pranks for kids

- **Jello Surprise:** Whip up a batch of Jell-O, toss in a straw, and let it set in clear drinking glasses until it resembles their favorite flavor of juice or fruit punch. Serve up these glasses of "juice" to your kiddos — who will get absolutely nowhere when they try to slurp it up through the straw.

- **Googly Eyes:** This gag couldn't be easier for a PG-rated gag: Get out that bag of googly eyes from the craft drawer, and open the fridge. Place a set of eyes on everything you see: the carton of milk, the veggies, all the condiments. They'll crack up when they go in for breakfast, only to see all those little eyes staring back at them.

- **Toothpaste Fake-Out:** What's the first thing your kids do when they get up in the morning? Brush their teeth! So for a harmless (even tasty) prank, hand them a toothbrush topped with... something that looks like toothpaste. Instead, they'll

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THE BUZZ AROUND BOULDER:



Russell Square Park Grand Re-Opening Celebration. April 1, 2023. 3600 Vine Street Denver, CO 80205. The Russell Square Park Improvement Project in Denver's Cole neighborhood is now complete. To celebrate, My Outdoor Colorado, Denver Parks & Rec, and other project partners will be hosting a community event on Saturday, April 1. There will be giveaways, a hot dog lunch, an Easter egg hunt, ribbon cutting ceremony, and appearances by Generation Wild's mascot, Wilder. [LEARN MORE](#)

Disney Animation: Immersive Experience. February 16, 2023 - May 29, 2023. 3900 Elati St. Denver, CO 80216. Disney Animation: Immersive Experience is an innovative celebration that takes you inside the greatest films of Walt Disney Animation Studios, from their very earliest, groundbreaking features to the beloved hit movies of today. Imagine stepping into the Casita with Mirabel from Encanto, being at Pride Rock as Rafiki presents Simba – surrounded by the animal kingdom as the sun rises. Imagine hopping on a train with Judy Hopps and going into Zootopia or taking a magic carpet ride with Aladdin and Jasmine, and so much more.... Now you can! Step into the art and legacy of Walt Disney Animation Studios and celebrate the music, artistry and animation from the creators of Frozen, The Little Mermaid, Big Hero 6 and many more. [LEARN MORE](#)

Easter Bunny Photos. March 17, 2023 - April 8, 2023. 14500 W. Colfax Ave. Lakewood, CO 80401. Strike a pose, the Easter Bunny is here for photos! Reserve your visit now and make it an Easter Tradition! [LEARN MORE](#)

Sensory Friendly Passport to Culture: LocoMotion. April 23, 2023. Lone Tree Arts Center 10075 Commons St. Lone Tree, CO 80124. National Juggling Champion and kinetic comedian Peter Davison performs amazing juggling, balancing, unicycle riding, clowning and more, and explains the science behind the artistry. This show is packed with audience participation, education, and entertainment! Our SF programming presents performances in a relaxed, sensory-friendly way. Performers will 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](#)

find their mouth filled with icing, cream cheese or whatever passable substitute you have on hand.

- **Sleep Time Switcharoo:** On the night before April 1, sneak in to your kiddo's room and make some changes that will surprise them in the morning. Turn the chair upside down, put underwear on the dolls... even switch sleeping siblings into each other's beds. They'll wake up to a silly surprise... and know they're in for a fun and prank-filled April Fools' Day.

- **Cookie Mixup:** Remove the tops from sandwich cookies and carefully replace the creamy filling with a far less appealing visual substitute, like mayo. That April 1 treat will reveal itself to be a trick from the very first bite!

Did you know?



The stars are aligning.

We will have a very rare and beautiful celestial event in late March and the next couple of weeks. Mercury, Venus, Mars, Jupiter and Uranus will all align right under the crescent moon. To view, look towards the western sky, just after sunset. Head out and see if you can catch a glimpse of these planets. [LEARN MORE](#)



APRIL APRIL SHOWERS, IT'S NATIONAL AUTISM AWARENESS MONTH!



“All kids need a little help, a little hope, and someone who believes in them.”
 – Magic Johnson

SUNDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	28	29	30	31	1
 				CLOSED: Good Friday	 Saturday Services Frisco Hive 9:00am-3:00pm, CST GPT: Parent Group Discussion: Autism 24/7 12:00 – 3:00 pm. Frisco Hive
2	3	4	5	6	7
	Plano, Prosper, Frisco ISD no classes. Prosper: Now inclement weather make up day.		GPT: Learning Hour: Shaping. 12:00 – 1:00 pm. Telehealth.	Dress-Up Friday-Thursday Easter Egg Day: wear pastels, stripes, or polka dots!	Saturday Services Frisco Hive 9:00am-3:00pm, CST GPT: How to Deal with Problem Behavior. 9:00 – 11:30 am. Telehealth GPT: Make and Take: How to Build a Token Board or a Token Economy. 12:00 – 3:00 pm. Frisco Hive
9	10	11	12	13	14
	Dress-Up Friday Light it up Blue: wear blue for Autism Awareness month	 	Dress-Up Friday Earth Day: wear green	Saturday Services Frisco Hive 9:00am-3:00pm, CST GPT: Make and Take: How to Build a Token Board or a Token Economy. 9:00 – 11:30 am. Telehealth GPT: How to Deal with Problem Behavior. 12:00 – 3:00 pm. Frisco Hive Earth Day	
16	17	18	19	20	21
	Plano ISD, Boulder Valley SD no classes	GPT: Learning Hour: Shaping. 11:00 – 12:00 pm. Telehealth	Dress-Up Friday National Superhero Day: dress like your favorite superhero! Frisco, Prosper ISD no classes. Frisco: Now inclement weather make up day.		All times are in Central Standard Time Zone (CST). Some dates and events are subject to change.
23	24	25	26	27	28
30					



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REVIEWS

APRIL 2023

Registration for all classes is on a first-come, first-served basis. Act quickly!



Group Parent Training

Parent Group Discussion: Autism 24/7

Learn from a great book and from each other! Join a BCBA-led Parent Group Discussion in an informal discussion of chapters 4-6 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 parents will share real life experiences to help each other. Topics include: *Creating natural opportunities for learning. Teaching strategies for the home and community. Oops, dealing with common errors.*

In-Person: <https://www.signupgenius.com/go/9040449aaaf29aaf49-autism#/>

Learning Hour: Shaping

Join our BCBA as she takes our parents and caregivers through a quick 1-hour Learning Hour on how to shape behavior. Shaping behavior is how we change our children's behavior and it's a critical skill to have as a parent. Learn the steps to shaping, watch videos of successful shaping and start a plan to shape a behavior with your child under the oversight of your child's BCBA.

Telehealth: <https://www.signupgenius.com/go/9040449aaaf29aaf49-tbe1hour#/>

Make and Take: How to Build a Token Board or a Token Economy

Tokens and token economies are a bridge to help our kids learn to go from an immediate 1 behavior = 1 reinforcer to doing 4 or 5 tasks and then earning a reinforcer. Token boards can help teach waiting calmly and delay in reinforcement. Learn how to successfully build a token economy. All in-person participants will build a token board for their child. The instructor will virtually walk Telehealth participants through the steps to create a token board. (Due to the make and take nature of this class we ask that only 1 parent per family attend. Does not apply to Telehealth class.)

In-Person: <https://www.signupgenius.com/go/9040449aaaf29aaf49-make2#/>
Telehealth: <https://www.signupgenius.com/go/9040449aaaf29aaf49-make3#/>

How to Deal with Problem Behavior

One of our most popular Group Parent Training (GPT) classes! There is a difference in how to deal with junk behavior vs. dangerous behavior. Learn: how to pick your battles, how to set the occasion for better behavior and how a functional approach to problem behavior makes all the difference!! If your child has problem behavior, it is time to get this training and get some HELP!

Telehealth: <https://www.signupgenius.com/go/9040449aaaf29aaf49-howtodeal#/>
In-Person: <https://www.signupgenius.com/go/9040449aaaf29aaf49-howtodeal1#/>



12:00 – 3:00 pm.
In-Person
Please sign up for Saturday Services (in our Frisco Hive) for your child.

Frisco Hive



12:00 – 1:00 pm.
Telehealth
Zoom link for class will be emailed once SignUp Genius registration is completed.



11:00 – 12:00 pm.
Telehealth
Zoom link for class will be emailed once SignUp Genius registration is completed.



12:00 – 3:00 pm.
In-Person
Please sign up for Saturday Services (in our Frisco Hive) for your child.

Frisco Hive



9:00 – 11:30 am.
Telehealth
Zoom link for class will be emailed once SignUp Genius registration is completed.



9:00 – 11:30 am.
Telehealth
Zoom link for class will be emailed once SignUp Genius registration is completed.



12:00 – 3:00 pm.
In-Person
Please sign up for Saturday Services (in our Frisco Hive) for your child.

Frisco Hive



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The Behavior Exchange will be closed on:



FRIDAY, APRIL 7, 2023 FOR GOOD FRIDAY OBSERVANCE



All hives: Plano, Frisco, Prosper, and Boulder.

Saturday (April 8) Services will resume in Frisco Hive.



Thank you for your understanding.



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