



APRIL 2025 NEWSLETTER

Stay informed



It's silliness time.

No one knows exactly where April Fools' Day got its start. Some say it goes all the way back to Roman times. Others point to a mix-up in 16th-century France, when people who hadn't heard about the switch from the Julian to the Gregorian calendar continued to celebrate the New Year on April 1—and were playfully mocked for it. In France, they even stuck paper fish on each other's backs and called them "poisson d'avril," or "April fish." Whether it's calendars or carp, the origins remain a bit of a mystery. And maybe that's part of the fun.

Over the centuries, April Fools' Day has turned into something we can all get behind: a chance to be a little silly. Kids love it. Even big-name brands get in on the fun, launching joke products or making wild announcements for a day. It's a time to let go of being so serious and enjoy a few harmless laughs. At The Behavior Exchange, we believe there's real value in that—especially for families navigating the unique challenges of autism.

Sometimes, life with autism therapy can feel like it's all structure, schedules, and goals. And while those things are important, so is taking a moment to breathe, play, and laugh together. That's why we encourage families to embrace moments of silliness. For our younger clients especially, joyful connection and shared laughter are powerful tools. They build bonds, reduce stress, and create lasting memories. Even something as simple as a funny face or a light-hearted joke can spark a moment of connection.

So this April Fools' Day, whether you're plotting a prank with your child, getting tricked by one, or just enjoying the unexpected, know that it's more than just fun and games—it's also a chance to celebrate joy, playfulness, and the kind of laughter that brings people closer together. Because being silly is not just okay—it's wonderful.

Have you got any silliness planned for your family? Do tell!

Email us at BUDDY@BEHAVIOREXCHANGE.COM so we can share the smiles along with you.

In this Issue:

- FOOLIN' AROUND
- SUMMER IS COMING
- UNUSED HOURS
- AUTISM AWARENESS
- BUZZING

Calendar

4/02: World Autism Awareness

4/04: Summer Schedule Request due

4/11: Closure: Good Friday

Daily Affirmation



Did you know?



Friday, April 4th is International Carrot Day.

Did you know carrots weren't always orange—originally, they came in shades of purple, yellow, red, and white. But in the 17th century, Dutch farmers selectively bred yellow and white carrots to produce the bright orange variety we know today. This was done in honor of the House of Orange, the Dutch royal family

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REVIEWS



Summer is almost here!

Don't look now, but summer fun is rapidly approaching! In order for us to be more efficient and careful when planning summer schedules, we're reinstating our Summer Request Forms and kindly ask that you complete and return them by **Friday, April 4**. After thoughtful internal planning and discussion, we determined that bringing back these forms is the best way to ensure we continue to meet your family's needs and maintain consistent, high-quality services throughout the summer. You will find a QR code to access this form on this newsletter. See page 6. We'll also have the flier posted in our lobbies.

Turn unused hours into summer gold

It's crucial to use your authorized hours now. If you have unused hours, it signals to insurance that your child may not need the full support they're authorized for. By using those hours, we can better advocate for additional summer hours and ensure your child gets the services they need. Options include extending weekdays, adding evening hours (5:30-6:30pm), or Social Saturdays. Don't wait—let's make the most of the hours you have and set up the best possible summer support for your child.

Autism month — April

April is Autism Acceptance Month—a time to honor neurodiversity, deepen understanding, and amplify the voices of individuals with autism and those who love and support them. At The Behavior Exchange, we believe this month is more than a calendar date—it's a meaningful opportunity to foster inclusion, spread kindness, and celebrate the unique strengths of every child.

There are so many ways to take part: wear blue, read a book about autism with your child, join a local event, or simply start a conversation that builds awareness. Even small gestures can spark big change.

In 2024, we created fun, downloadable T-shirt designs for families to print and wear at home. You can check them out [HERE](#). We've updated the design for this year. See pages 7-8 for downloaded versions you can print and iron on a t-shirt.

Above all, we hope families take time to reflect on their journey—celebrate how far they've come, and remember that they're never alone. We're proud to walk this path with you.

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that led the country to independence from Spanish rule. The orange carrot became a patriotic symbol and a way to show loyalty to the nation. Over time, the orange variety gained popularity across Europe and eventually became the most common type of carrot worldwide. Or maybe the orange carrot came about in a different way. What do you think?

[LEARN MORE](#)

Extra! Extra! In the news

And in tonight's starting line-up!

In case you missed it, there was a heartwarming story from the NBA about Joe Ingles, an aging player for the Minnesota Timberwolves and his 8-year-old son Jacob who has autism and sensory challenges. Jacob had never seen his father play a game in person because he would experience sensory overload and have to leave the arena. But on March 21, the Timberwolves coach made Joe a starter for the game – the first time he had started a game in three years – so Jacob could finally see his dad shine on the court. Not only did Jacob see his dad play, he was able to stay for the whole game! [FULL STORY](#)

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THE BUZZ AROUND DFW:



Sensory-Friendly Family Fun: Space Explorers

Enjoy a morning in the garden of the Nasher Sculpture Center in Dallas, exploring and discovering art through active and quiet learning activities designed for neurodiverse learners of all ages. There will be scavenger hunts, sensory tents, art-making stations, storytelling, and sensory spaces facilitated by occupational therapy students from Texas Woman's University. Saturday, April 12 from 9am-11am. Free with advance registration, including parking.

[LEARN MORE](#)

A Virtual Night with Dr. Temple Grandin

Join this online event, featuring the one and only Dr. Temple Grandin – an autism advocate who draws from her personal experiences being on the autism spectrum and professor and expert in animal science. Grandin will share her experiences, strategies, and perspectives on autism as part of her life-long dedication to inspiring and empowering families and professionals alike. Don't miss out. April 8 from 7pm-9pm. [LEARN MORE](#)

Little Farmer Fridays

Rustle up some fun this month with your preschooler at the Heritage Farmstead Museum in Plano. Little Farmer Fridays is an interactive program designed for 2- to 5-year-olds. It features story time, crafts, meeting livestock, enjoying wagon rides, and frolicking around a 4.5-acre farm. There are two themed opportunities to choose from this month: April 4 for Piggy Playtime and April 25 for Earth Day. 10am-12pm. Bring a lunch or snack if you want to stay still close at 2pm. [LEARN MORE](#)

I Spy Butterflies



Soak up the spring weather surrounded by hundreds of fluttering butterflies in the Dallas Zoo's newest exhibit – I Spy Butterflies. Walk among hundreds of these essential and colorful pollinators, learning from expert butterfly guides, and of course, stopping for picture-perfect photo ops to share with family and friends. There's also a brand-new nature-themed play area to enjoy. Opens April 7 during regular Zoo hours. [LEARN MORE](#)

Sesame Street Live! Say Hello

Come and play where everything's ok at this all-new, action-packed live show, starring Elmo, Abby Cadabby, Cookie Monster, and their friends. Kids can sing and dance with their favorite Sesame Street residents, while enjoying fun surprises along the way. Best for children up to 7 years old, but open to all ages. Thursday, April 10 @ 6:00pm at the Will Rogers Auditorium in Fort Worth. [LEARN MORE](#)



APRIL – 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 April Fools	2 Autism Awareness Day	3 National Find a Rainbow Day	4 Dress-Up Friday Wacky Tacky Day–Be foolish for April Fools!	5 Saturday Services Frisco Hive 9:00am-3:00pm, CST
6 National Siamese Cat Day 	7	8 International Feng Shui Awareness Day	9	10 Encourage a Young Writer Day	11 Dress-Up Friday Light it up Blue–Wear blue for Autism Awareness month.	12 Saturday Services Frisco Hive 9:00am-3:00pm, CST
13	14	15 Tax Day	16 National Haiku Day	17	 CLOSED: Good Friday <ul style="list-style-type: none"> • Plano ISD No School • Frisco ISD No School • Prosper ISD No School • Celina ISD No School • Boulder Valley SD No School 	
20 Easter Last Day of Passover	21 Prosper ISD No School (Bad Weather Make Up Day) • Celina ISD No School • Boulder Valley SD No School	22	23 National Cherry Cheesecake Day	24	25 Dress-Up Friday National Superhero Day–dress like your favorite superhero!	26 Saturday Services Frisco Hive 9:00am-3:00pm, CST
27	28 National Superhero Day	29 Poem In Your Pocket Day	30 National Mahjong Day			

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



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The Behavior Exchange will be closed on:



FRIDAY, APRIL 18, 2025 FOR GOOD FRIDAY OBSERVANCE



All hives: Plano, Frisco, and Prosper.

Saturday (April 19) Services will resume at our Frisco Hive.



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Summer Schedule Request

Please submit by:

Friday, April 4th.



Dear Families,

As we begin preparing for the summer months, we're reaching out to ask for your input to help us plan effectively. We're reinstating our Summer Request Forms and kindly ask that you complete and **return them by Friday, April 4.**

Your feedback is essential to our scheduling process, and this information will help us create the most effective programming for your child.

We appreciate your continued partnership and support. If you have any questions, please don't hesitate to reach out to our team.

The Behavior Exchange



Use this QR code to
access our Summer
Schedule Request

Kindly return by:

Friday, April 4th.



Summer Camp
at The Behavior Exchange



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We suggest using a white t-shirt.



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CELEBRATE DIFFERENCES

AUTISM ACCEPTANCE MONTH

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