



Do you speak French?

By Walter Soza Creative Director of The Behavior Exchange

I was recently walking through the hallway of my kid's school, slightly disoriented from all the twists and turns I was taking to get to his classroom, when something caught my eye—these bright, abstract paintings lining the wall. At first glance, they looked like joyful bursts of color and movement, each one different but clearly connected. I stopped to take a closer look.

Curious, I noticed a flyer pinned beside the artwork. It explained that the paintings were part of an assignment inspired by Charlie French, a New York-born abstract artist with a visual language uniquely his. The name sounded familiar, but what really stopped me in my tracks was the next line: Charlie French is an acclaimed artist with Down syndrome. I was genuinely moved—not only by his story, but by how it had clearly sparked something special in the students. (Learn more about Charlie French [HERE](#).)



Suddenly, each of those paintings felt so much bigger and so much deeper. These rectangles full of bright colors and movement, hanging in this hallway, were now reflections of a broader message that creativity is boundless, and inspiration can come from people we might never expect. To me, these students were not only learning art techniques, and self-expression, but they were learning that art (and the creative world as a whole) is free and open to anyone who wishes to enter and live in it.

The whole experience, albeit short in time, was a quiet reminder to keep your eyes open. Amazing stories are all around us, sometimes tucked into the corners and places we rush past. That day, a school hallway turned into an unexpected lesson to learn that discovery doesn't always require travel or planning, you simply need to keep your eyes, and your heart, open.

Email us at BUDDY@BEHAVIOREXCHANGE.COM and tell us an experience that has opened your eyes lately. Can't wait to hear from you.

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In this Issue:

- KEEP YOUR EYES OPEN
- OPEN ENROLLMENT
- MAKE THE MOST
- HOLIDAYS AND VACATION TIME
- DAYLIGHT SAVING TIME
- OUR CLOSURES

Calendar

- 11/01: Insurance Marketplace opens
- 11/01-02: Dia de los Muertos
- 11/02: Daylight Saving ends
- 11/27: Thanksgiving closure
- 11/28: Thanksgiving break closure

Daily Affirmation



"I choose kindness as my guiding light today."

Extra! Extra! In the news

"Washing away barriers" — literally. A Florida car wash staffed by adults with autism celebrates 10 amazing years!

[LEARN MORE](#)

(Continued on next page)





Open Enrollment — Marketplace

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, look over the flier on page 6. We're more than happy to help you navigate coverage. [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.

Holiday breaks and vacation



We could have sworn it was August two weeks ago...NOPE, it's November, eek!

As the year winds down, now's the time to make the most of your benefits. Holiday breaks are a great chance to schedule extra therapy sessions for your child. Unused sessions may not roll over, and some insurance providers might reduce future coverage if they see therapy hours going unused. Plus, keeping up with therapy during the holidays helps maintain progress and avoid regression.

At The Behavior Exchange, we're seasoned experts in providing schedule stability during these festive times. Reach out today, share your plans, and let's ensure a smooth and enjoyable holiday season for all.

Daylight Saving Time

Quick reminder to "fall back" on Sunday, November 2, 2025. Daylight Saving Time ends which means our clocks go backwards. Hey, look at this way, you get an extra hour of sleep! Woo hoo!

(Continued on next page)

Did you know?



What are alebrijes?

An alebrije is a brightly colored, fantastical creature originally created by Mexican artist Pedro Linares in the 1930s. They're made from papier-mâché or wood and often combine features from multiple animals, both real and imaginary.

While alebrijes aren't traditionally part of Día de los Muertos, they've become associated with the celebration over time. Some people see them as spiritual guides or protectors that help souls navigate the afterlife. Their vivid colors and surreal designs fit well with the festive, symbolic nature of the holiday. Though not rooted in ancient traditions, they now often appear alongside altars and decorations during Día de los Muertos. Learn more about Día De Los Muertos on [page 10](#).



TBE blog

This season of gratitude is the perfect time to visit our blog — it's full of helpful ideas and practical tips for families like yours! Check out a few of our latest Thanksgiving posts:

(Continued on next page)





Our holiday closures

Speaking of holidays, here is our holiday break schedules for the remainder of the year:

Closed: Thanksgiving Day: Thursday 11/27.

Closed: Day after Thanksgiving: Friday 11/28.

Open: We will resume regular schedule on Saturday 11/29

Closed: Christmas Day: Thursday, 12/25

Closed: New Year's Day, 1/1/2026.

THE BUZZ AROUND DFW:



Dallas Cowboys Rally Days – Arlington

Rally Days give Dallas Cowboys fans – young and old – an experience of a lifetime. You actually get to be on the field the day prior to a home game and have a blast taking part in fun activities, inflatables, and ticket giveaways. You'll also get a behind-the-scenes tour of the stadium and meet former Dallas Cowboys players and the famous Cowboys Cheerleaders. Food, beverages, and music round out the exciting fan event. Tickets are required. Sunday, November 2 from 10am-4pm and Saturday, November 22 from 10am-5pm. [LEARN MORE](#)

Bricks & Minifigs Fall Festival – Frisco

Calling all LEGO fans: This free, family friendly event is for you. Here's your chance to meet this year's winners of LEGO Masters on Fox, the brother and sister duo Ian and Sage. Team USA, Michelle and Krystal, will be there, too, all-day greeting fans. Be one the first 100 to join in the fun and you'll get free minifigs and MOCs. There will also be hourly raffle prizes, face painting, scavenger hunts, build stations, day-of deals, free make and take, food trucks serving fall favorites, and other surprises. Saturday, November 8 from 10am-7pm. [LEARN MORE](#)

The Nutcracker Ballet – Richardson

Kickoff the magic of the holiday season with this family friendly production of the timeless classic ballet The Nutcracker over Thanksgiving weekend. The enchanting ballet features dazzling costumes, beautiful choreography, and Tchaikovsky's beloved score. Appearing at Eisemann Center's Hill Performance Hall in Richardson. Friday, November 28 at 7pm, and Saturday, November 29 & 30 at 2pm. Gather your family and friends to enjoy this treasured holiday tradition that brings the wonder of The Nutcracker to life on stage. [LEARN MORE](#)

(Continued on next page)

[TOP THANKSGIVING TIPS FOR PARENTING CHILDREN WITH AUTISM](#)

[COOKING UP FUN AND LEARNING FOR KIDS WITH AUTISM](#)

[THANKSGIVING FOOD: A SMORGASBORD OF IDEAS](#)



Our blog is packed with valuable, family-friendly advice designed to make every season a little smoother — and a lot more joyful!

Yum Yum, Nom Nom!

It's November—and around here, that means one thing: Thanksgiving Dinner! YUM, y'all. Thanksgiving is the perfect time for families to come together, and let's be real—most of that time is spent in the kitchen. Why not turn it into a fun tradition with your little ones? Let them take charge of one dish for the whole family to share. It's a great way to build fine motor skills, boost their confidence, and create lasting memories.



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Holiday Drone Show – Frisco

Grab the kiddos and head to PGA Frisco for the first “Home on The Range for The Holidays” event of the year. There will be an exciting lighting ceremony of a magical musical tree at 6pm, followed by an amazing drone show to light up in the sky, featuring more than 20 elements and lasting about 12 minutes. There will also be a holiday movie shown on the giant video wall for families to enjoy. Free. Saturday, November 29, 5pm-8pm. [LEARN MORE](#)

Galleria Tree Lighting Celebration – Dallas

Treat your family to seeing the country’s tallest indoor Christmas tree being lit up in all of its glory, standing tall in the middle of the Galleria’s ice skating rink. The ceremony also features impressive ice skating shows, starring Olympic skaters and an annual favorite named Missile Toes, an ice-skating Santa Claus who can backflip and shoots fireworks from his boots. Three performances to choose from, all starting at noon. Friday, November 28 & Saturday, November 29 and Saturday, December 6. [LEARN MORE](#)

Tianyu Lights Festival – Grand Prairie

Back by popular demand for a second holiday season in North Texas, the Tianyu Lights Festival will transform the festival grounds of Texas Trust CU Theatre into a glowing wonderland of art, culture, and family fun inspired by authentic Chinese lantern traditions. Families will especially enjoy the illuminated playground floor with squares that light up as you step on them, along with other interactive displays and photo-ready backdrops. In addition to the dazzling displays, you’ll be treated to live cultural performances, like acrobatics, dancing, and more. November 7 through January 18, 2026. Tickets required. [LEARN MORE](#)

Check out this flavorful recipe from the talented folks at [HAPPYKIDSKITCHEN.COM](#), Roasted Squash Hummus. [CLICK HERE](#).

3rd Annual Prosper Hive HalloweenFest

Thank you to all the wonderful families who joined us on Saturday! And to every Spider-Man, ghost, goblin, and skeleton who stopped by our Prosper Hive — you showed us how to have a spooktacular time! Check out some of the fun photos below



NOVEMBER — 2025

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

2  Daylight Saving Time ends Día De Los Muertos All Souls' Day	3 National Sandwich Day	4 • Plano ISD No School	5	6 National Nacho Day	7 Dress-Up Day 80's Day! Hug a Bear Day	8 Saturday Services Frisco Hive 9:00am-3:00pm
9 Go to an Art Museum Day	10 Sesame Street Day	11	12 Chicken Soup for the Soul Day	13	14 Dress-Up Day Wear red, white and blue in observance of Veteran's Day National Pickle Day	15 Saturday Services Frisco Hive 9:00am-3:00pm
16	17 National Hiking Day	18	19 Women Entrepreneurship Day	20	21 Dress-Up Day Harvest Day- wear fall colors! National Stuffing Day	22 Saturday Services Frisco Hive 9:00am-3:00pm National Adoption Day
23 National Espresso Day	24 • Plano ISD No School • Frisco ISD No School • Prosper ISD No School • Celina ISD No School Martyrdom of Guru Tegh Bahadur Sahib	25 • Plano ISD No School • Frisco ISD No School • Prosper ISD No School • Celina ISD No School	26 Dress-Up Day Fall colors. Wear reds, oranges, or browns • Plano ISD No School • Frisco ISD No School • Prosper ISD No School • Celina ISD No School	 CLOSED: Thanksgiving Holiday • Plano ISD No School • Frisco ISD No School • Prosper ISD No School • Celina ISD No School • Plano ISD No School • Frisco ISD No School • Prosper ISD No School • Celina ISD No School		29 Saturday Services Frisco Hive 9:00am-3:00pm
30 Advent						



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REVIEWS



The Behavior Exchange will be closed on:

THURSDAY & FRIDAY,
NOVEMBER
27-28

FOR THANKSGIVING
HOLIDAYS



HAPPY
Thanksgiving
DAY

NOTE:

The Behavior Exchange will be open on Saturday, November 29th for regular Saturday Services.

School breaks: Plano ISD, Frisco ISD, Prosper ISD will all be closed from Monday, November 24 to Friday, November 28.



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Secure ABA therapy coverage in 2026!

Renew your Health Insurance Marketplace plan during open enrollment, starting November 1st!

If you currently have a plan through the Health Insurance Marketplace, now's the time to renew your policy and secure continued ABA therapy coverage for 2026.

Does your employer's plan exclude ABA therapy services?

Consider a Child-Only policy through the Marketplace for ABA coverage in the new year!



Open enrollment starts.



Enroll by December 15, 2025 for coverage that starts January 1, 2026.



Enroll by January 15, 2026 for coverage that starts February 1, 2026.

Important dates

November 1: Open Enrollment starts for health coverage for the next plan year — first day you can enroll in, re-enroll in, or change health plans through the Health Insurance Marketplace®. Coverage can start as soon as January 1.

December 15: Last day to enroll in or change plans for coverage to start January 1.

January 1: Coverage starts for those who enroll in or change plans by December 15 and pay their first premium.

January 15: Open Enrollment ends — last day to enroll in or change health plans for the year. After this date, you can enroll in or change plans only if you qualify for a Special Enrollment Period.

February 1: Coverage starts for those who enroll in or change plans December 16 through January 15 and pay their first premium.

DID YOU KNOW?

You can get health coverage for the rest of the year if you qualify for:

- A Special Enrollment Period due to a recent life event, like losing other coverage, moving, getting married, or having a baby.
- Medicaid, the Children's Health Insurance Program (CHIP), or based on estimated household income.

Have questions?

Email or call our insurance experts.



intake@behaviorexchange.com



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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!



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We can make a difference!



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Don't lose them!

Did you know insurance can deny therapy your child needs if hours go unused?



Ensure your child receives all the therapy they need. Reschedule missed hours today!

How often a child needs ABA therapy varies. At the beginning, children typically need a comprehensive program of 30-40 hours a week. As they make progress on their individual goals, comprehensive therapy fades to focused therapy, requiring only 10-25 hours a week.

Because ABA therapy is a process, insurance providers approve hours ahead of time in blocks of 3-6 months. They expect your child to use all of the hours that have been approved, because they are medically necessary.

When authorized hours go unused, it can look like your child doesn't need intensive therapy any longer and is moving toward being discharged. **As a result, your insurance provider could deny additional therapy hours your child still needs.**

To prevent denial of therapy hours:

1. **Always reschedule missed therapy anytime we're open**, including our Saturdays Services and Extended Hours.*
2. **Discuss a fading and discharge plan with your BCBA.**

Speaking of insurance... You've got **approved hours for Parent Training**. Call to sign up for individual or group sessions today!

Don't lose any of your insurance-authorized hours.

CONTACT US TODAY!

enroll@behaviorexchange.com



Use school holidays to make up hours.

The Behavior Exchange is **open most days during spring break, fall break, Thanksgiving week, and winter break.**

It's the perfect time for making up authorized hours you've missed — a must for ensuring your insurance provider continues to approve all the therapy your child needs to reach their full potential!



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Dia De Los Muertos

Dia De Los Muertos is a Mexican holiday where families welcome back the souls of their deceased relatives for a brief reunion which includes drinks, “ofrendas”, and celebrations.

The roots of the Day of the Dead, celebrated in contemporary Mexico and among those of Mexican heritage in the United States and around the world, go back some 3,000 years, to the rituals honoring the dead in pre-Columbian Mesoamerica. The Aztecs and other Nahua people living in what is now central Mexico held a cyclical view of the universe, and saw death as an integral, ever-present part of life.

Upon dying, a person was believed to travel to Chicunamictlán, the Land of the Dead. Only after getting through nine challenging levels, a journey of several years, could the person’s soul finally reach Mictlán, the final resting place. In Nahua rituals honoring the dead, traditionally held in August, family members provided food, water and tools to aid the deceased in this difficult journey. This inspired the contemporary Day of the Dead practice in which people leave food or other offerings on their loved ones’ graves, or set them out on makeshift altars called ofrendas in their homes.

In ancient Europe, pagan celebrations of the dead also took place in the fall, and consisted of bonfires, dancing and feasting. Some of these customs survived even after the rise of the Roman Catholic Church, which (unofficially) adopted them into their celebrations of two Catholic holidays, All Saints Day and All Souls Day, celebrated on the first two days of November.

So is it the same as Halloween?

El Día de los Muertos is not, as is commonly thought, a Mexican version of Halloween, though the two holidays do share some traditions, including costumes and parades. On the Day of the Dead, it’s believed that the border between the spirit world and the real world dissolve. During this brief period, the souls of the dead awaken and return to the living world to feast, drink, dance and play music with their loved ones. In turn, the living family members treat the deceased as honored guests in their celebrations, and leave the deceased’s favorite foods and other offerings at gravesites or on the ofrendas built in their homes. Ofrendas can be decorated with candles, bright marigolds called cempasuchil and red cock’s combs alongside food like stacks of tortillas and fruit.

**Do you or your family celebrate Dia De Los Muertos? Tell us more!
Email us at Buddy@behaviorexchange.com**



Fun facts about Dia De Los Muertos

- **The Day of the Dead isn’t just different from Halloween, it’s also potentially much, much older, too.** Historians trace its origins back as far as 3,000 years to ancient Mesoamerican festivals dedicated to the goddess of the Underworld, Mictecacihuatl.
- **The flowers attract ghosts.** Cempazuchitl, the official flowers of the Day of the Dead, are used in massive quantities to decorate the graves and altars — a practice that has its roots in pre-Columbian traditions. These flowers (nicknamed el flor del muerto – “the flower of the dead”), sometimes said to represent the sun and rebirth, are also believed to help guide the spirits back home. In English, they are known as Mexican Marigolds.
- **Spending a night in the cemetery is commonplace.** To Americans, it might sound like a predictable setup to a horror movie, but in some parts of Mexico, spending a night inside a graveyard, picnicking next to a dead family member’s grave, telling stories, listening to music and just generally making merry is all part of the celebration.
- **The movie Spectre (James Bond) inspired Mexican officials** to have an official Dia De Los Muertos parade after the film came out in 2015. It is estimated that over 400K people attended in 2021!



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