



Reflection

As the year comes to a close, it's natural for all of us to pause, take a breath, and look back on how far we've come. For families raising children with autism, progress often shows up in the small, yet remarkable moments: a new word, a calmer, more productive morning routine, making a new friend. At The Behavior Exchange, we cherish those moments. We celebrate them with you. And we're honored to be part of your child's journey and yours.

For us, reflection is more than looking back. It's a chance to recognize growth, appreciate hard work, and acknowledge the courage and dedication it takes to keep moving forward. Your children inspire us every day. Their determination, curiosity, and resilience remind us why we do what we do. Each milestone they reach reinforces the strength of the partnership we share with your family. And every moment of progress encourages us to keep raising the bar for the care we provide.

But reflection isn't just for our children — it's for parents, too. This season is an important reminder to recognize your own progress: the late nights you powered through, the decisions you made with love, the goals you set and reached. Taking time for yourself, acknowledging your own growth, and considering what will help you start 2026 with clarity and confidence is just as meaningful. Your strength and dedication make an extraordinary difference, even on the days that feel ordinary.

As we turn the page to a new year, we hope you take a moment to celebrate the wins — big and small — that made this year meaningful. And know that we're here, ready to support your family with the same care, passion, and belief in what's possible. We look forward to continuing this journey with you and helping your child discover new opportunities to learn, grow, and thrive.

From our entire TBE family to yours, thank you for trusting us. Thank you for showing up. Thank you for allowing us to walk alongside you.

Here's to a new year filled with growth, joy, and hope. Use [page 8](#) to get your reflection journal started.

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- BENEFITS AND END OF YEAR
- HOLIDAY BREAKS AND CLOSURES
- PARADES

Calendar

- 12/18: Early Closure 3:30 pm
- 12/24: Early Closure 3:30 pm
- 12/25: Closed: Christmas Day
- 1/1/2026: Closed: New Year's Day

Daily Affirmation



And now this...

Holiday music has been blaring from our speakers for a few days now. We hear that some families have been rocking holiday songs since the beginning of the month, while others have strict rules about when the music can start: not until after Thanksgiving. Whether you fall in the former or latter group, it is safe to say you have a favorite holiday tune. According to [timeout.com](#), these are the greatest 50 Christmas songs. See their top 10 below, and what their writers say:

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It's a TBE tradition

The holidays are here, and we'd be grateful to hear how our team has supported your family. One of our favorite yearly traditions is reading the personal notes you share about the progress and moments that mattered. If you'd like to take part, fill out the [attached PDF](#) and send it to NEENA@BEHAVIOREXCHANGE.COM. Our team will also reach out to all of our families, bee on the look out! See page 10.

Open Enrollment — Marketplace

Open enrollment is happening right now, and you have until December 15 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 insurance, it may be worth checking out a child-only plan. These plans focus on children's needs, often include kid-specific benefits, and can sometimes cost less. For more details, see the flier on [page 9](#). If you need help, we're here to guide you. Secure your plan today. [CONTACT US](#) for any questions you may have. We're your insurance advocates.

Make the most of your benefits this year

As the year wraps up, many families have already met their health insurance out-of-pocket maximum. If that's you, it means most of your child's ABA therapy could now be covered at little or no extra cost. This is a great time to consider adding Saturday Services or increasing therapy hours so your child can build even more momentum while your benefits are working harder for you. If you want to explore your options, our team is ready to help you make the most of your coverage and your child's progress.

Holiday breaks and vacation

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. 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.

Our holiday closures

Here is our holiday break schedules for the remainder of the year:

Early closure: Thursday, 12/18 — 3:30 PM

Early closure: Wednesday, 12/24 — 3:30 PM

Closed: Christmas Day: Thursday, 12/25

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

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10. "Step Into Christmas" by Elton John
Sir Elton announces 'welcome to my Christmas song' at the top of this piano-driven banger, signaling to us all that this is a Christmas song with zero ulterior motives except to become a yuletide classic. Mission accomplished.

9. "White Christmas" by Bing Crosby
The power of Christmas nostalgia itself is greater than real memories. Harken back to Bing Crosby on this Irving Berlin-penned '40s number to a white Christmas just like the ones we used to know, even if our true past is full of crushing disappointments.

8. "Baby, It's Cold Outside" By Ella Fitzgerald and Louis Armstrong
Queen Ella Fitzgerald and King Louis Armstrong are a completely necessary part of every Christmas, IMO. They actually have a whole Christmas album together, but 'Baby, It's Cold Outside' is the absolute classic from their repertoire. A twinkling piano and a double bass are all that's needed for their soft, mellow harmonies, but the whole album is the perfect soundtrack to your Christmas nibbles and cocktails evening.

7. "The Power of Love" by Frankie Goes to Hollywood

Like East 17's 'Stay Another Day', or the film 'Die Hard', Frankie Goes To Hollywood's 'The Power of Love' isn't about Christmas per se, but is nonetheless inextricably linked to the season of good cheer. Not by accident, either: the video actually features the Nativity of Jesus, a gesture of towering earnestness clearly intended as a somewhat ironic response to the Liverpudlian provocateurs' scandalous early videos. But the song has a powerful, spiritual sincerity that would probably preserve it as a classic even without the visuals.

6. 'Feliz Navidad' by José Feliciano
Feliz Navidad is a criminally underrated

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Parading around!

The holiday spirit is all around! The TBE team will be participating in a couple of local, community parades this December. We'll be spreading holiday cheer at the Prosper Rotary Club Christmas Parade and yee-hawing Christmas spirit at the Plano Holiday Parade. See below for more info! Come join us!

THE BUZZ AROUND DFW:



Merry Main Street – Frisco

Spend a magical afternoon making holiday memories and new traditions with your family at Merry Main Street in Frisco Square. The festivities begin at 3:00 pm with a parade, showcasing Santa and his friends. He's looking forward to meeting all the kiddos and posing for pictures! You'll also be treated to live performances from Frisco school choirs on three stages, lots of children's activities, a tree-lighting ceremony at 6:00 pm, and a drone show. A holiday gift market will also be open to help you get some shopping done. Saturday, December 6, 3:00 pm - 7:30 pm. [LEARN MORE](#)

Choo-Choo Tales – Dallas

The ever-popular holiday attraction, the Trains at NorthPark, has added a new treat for families this year. Now through January 4 you can enjoy free performances of Flora and the Train, a short play from Dallas Children's Theater and Booker T. Washington for the Performing and Visual Arts. It's a heartwarming story inspired by the Ronald MacDonald House Dallas about a sick bear named Flora who is traveling by train to Dallas during Christmastime for medical care. The short play is performed by student and professional actors. Sensory friendly hours available. [LEARN MORE](#)

Bubble Planet – Grapevine

Explore the exciting new immersive sensory attraction from the makers of Legoland, Peppa Pig, and Harry Potter: The Exhibition. Ideal for a family outing, Bubble Planet has 12 interactive rooms to discover, including the Hanging Balloons Room, the Kaleidoscope Room, infinity rooms, LED undersea landscapes, bubble baths, illusions, and virtual reality to spark wonder for guests of all ages. It takes 60-90 minutes to experience every bubble! Buying tickets ahead of time is recommended. [LEARN MORE](#)

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Christmas song, despite apparently being one of the most played across the world. It's been around for years and years, originally released way back in 1970, but its jaunty, cheerful energy has stood the test of time. The trumpets, the classic well-wishes belted in Spanish, the strum of the Puerto Rican cuatro. What a catchy, merry treat. Play it on your christmas playlists – it'll really spread the joy.

5. "Christmas (Baby Please Come Home)" by Darlene Love

A perfect Christmas song has to strike the right balance of melancholy and cheer, because after all, Christmas is all about contradictions. It's pigs in a blanket with a side of family resentment. 'Christmas (Baby Please Come Home)' is just the ticket. It's got jingly bells, a bombastic Motown horn section, lyrics filled with heartbreak and yearning, and some banging vocals by Darlene Love.

4. 'Santa Tell Me' by Ariana Grande

Ari didn't score a Mariah-level megahit with this peppy, upbeat ode to joy, but she came closer than almost any other pop star in the 30-ish years since 'All I Want for Christmas Is You.' Unlike Kelly Clarkson – who scored a memorable hit by channeling Darlene Love – Ari's song fits right in her catalog of bops... meaning you can comfortably transition between this plea to St. Nick and her recent hit about a late-night tantra session with relative ease.

3. 'Fairytale of New York' by The Pogues and Kirsty MacColl

When was the last time you properly listened to Kirsty MacColl and The Pogues' epic Big Apple-set fable? Shut your eyes and give it a go, and if you aren't a nervous wreck by the fade-out, your heart (like that jumper from your nan) is two sizes too small. 'Fairytale...' is a perfect four-minute narrative of hope, despair and heartbreak – and, despite the profanity, it ends with

(Continued on next page)





Plano Holiday Parade – Plano

Have a “Yee haw!” holiday at this year’s parade from the Rotary Club of Plano. Think cowboy hats trimmed in tinsel, boots full of candy canes, and cacti strung with twinkle lights. Come and enjoy the fun where the spurs meet the sparkle, including marching bands, drill teams, color guards, festive floats, and the man himself – Santa Claus! Free for all. Saturday, December 13, starting at 2:00 pm on 19th Street at M Avenue. [LEARN MORE](#)

The Nutcracker: Short & Suite – Dallas

Families will love this adapted version of the famous holiday ballet. It’s shorter (only an hour), more affordable, and includes all the same professional dancers, sets, and costumes as the full-length show. Best of all, it’s sensory friendly with live piano accompaniment and still manages to capture the magic and wonder of the original The Nutcracker ballet. Afternoon performance at 12:00 pm on Sunday, December 7 at Moody Performance Hall. [LEARN MORE](#)

Prosper Christmas Festival – Prosper

Head to downtown Prosper for Christmas cheer and community fun! The sparkle and joy of the holidays will be on full display, including Santa’s Workshop with complimentary photos, Santa’s Selfie Station, Kid Zone, ice skating, creative cookie decorating, and artisan gifts. Throughout the event, performances by local musicians, choirs, and dancers will fill the air with the joyful sounds of the season. There will also be a community tree lighting event at 7:00 pm, followed by a dazzling drone show. Saturday, December 6, starting at 2:30 pm with a parade. [LEARN MORE](#)

Happy Holidays

Wishing you and your family a Merry Christmas, and prosperous New Year!

love.

2. ‘Last Christmas’ by Wham!

A ballad of doomed romance, ‘Last Christmas’ features sleighbells and synths, plus some truly memorable knitwear in the video. But what really sets ‘Last Christmas’ apart is George Michael’s heart-on-sleeve delivery: his genuine heartbreak horror (‘My God! I thought you were someone to rely on’) and wistful, sexy whispers. The words ‘Merry Christmas’ never sounded so sultry.

1. ‘All I Want For Christmas Is You’ by Mariah Carey

Yes, she’s become somewhat of a meme in recent years. But they say you can hear Mariah Carey defrosting as soon as it hits September, and the fact of the matter is that this song is about the most sure-fire way to know it’s Christmas (wherever you are). Buying socks in H&M? Mariah’s playing. Perusing gingerbread houses at a Christmas market? She’s on, folks. Watching Love Actually for the fifth time this year? She’s a-comin’ in that last scene. Even if you think you hate this Christmas banger, you actually love it. It wouldn’t be Christmas without it, after all. Mariah, we thank you for your service. Long live this festive tune.

Click [HERE](#) to see the other 40 songs.

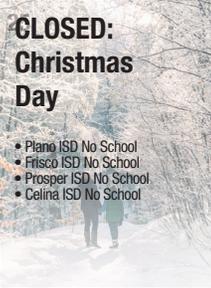
Did your favorite make the list?

Tell us which song you simply cannot live without this holiday season.

BUDDY@BEHAVIOREXCHANGE.COM



DECEMBER – 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Cyber Monday	2	3 International Day of Persons with Disabilities	4	5 Dress-Up Day Sweater weather–Wear your favorite sweater! Day of the Ninja	6 Saturday Services Frisco Hive 9:00am-3:00pm Saint Nicholas Day
7 National Cotton Candy Day	8 Bodhi Day	9 Christmas Card Day	10 Dewey Decimal System Day	11	12 Dress-Up Day Magic Kingdom Day– Dress like your favorite Disney character! Gingerbread House Day	13 Saturday Services Frisco Hive 9:00am-3:00pm
14	15 Dress-Up Day A Very Cozy Christmas– Wear flannel and fuzzy socks! Hanukkah	16 Dress-Up Day Deck the Halls–Wear Christmas colors! Hanukkah Las Posadas	17 Dress-Up Day Holiday Headwear–Wear Santa/ elf hats, antlers, or your favorite holiday headpiece. Hanukkah Las Posadas	18 Dress-Up Day Santa’s Workshop Day– Dress like your favorite Christmas character! Early Closure: 3:30 PM Hanukkah Las Posadas	19 Dress-Up Day Candy Cane Day–Wear red and white. Hanukkah Las Posadas National Ugly Sweater Day	20 Saturday Services Frisco Hive 9:00am-3:00pm Hanukkah Las Posadas
21 Hanukkah Las Posadas Winter Solstice Yule	22 Dress-Up Day Holiday cheer–Wear your favorite ugly/Christmas sweater! <ul style="list-style-type: none">• Plano ISD No School• Frisco ISD No School• Prosper ISD No School• Celina ISD No School Hanukkah Las Posadas	23 Dress-Up Day Winter Wonderland— Wear white and sparkles. <ul style="list-style-type: none">• Plano ISD No School• Frisco ISD No School• Prosper ISD No School• Celina ISD No School Las Posadas Festivus	24 Dress-Up Day Baby, It’s Cold Outside– bundle up in your favorite winter gear! <ul style="list-style-type: none">• Plano ISD No School• Frisco ISD No School• Prosper ISD No School• Celina ISD No School Las Posadas Christmas Eve	CLOSED: Christmas Day <ul style="list-style-type: none">• Plano ISD No School• Frisco ISD No School• Prosper ISD No School• Celina ISD No School 	26 Dress-Up Day Festive Pajama Day <ul style="list-style-type: none">• Plano ISD No School• Frisco ISD No School• Prosper ISD No School• Celina ISD No School Boxing Day Kwanzaa	27 Saturday Services Frisco Hive 9:00am-3:00pm Kwanzaa National Fruitcake Day
28 Kwanzaa National Short Film Day	29 Dress-Up Day Decades Day- close out 2024 dressed in your favorite decade wardrobe! <ul style="list-style-type: none">• Plano ISD No School• Frisco ISD No School• Prosper ISD No School• Celina ISD No School Kwanzaa	30 Dress-Up Day Sweater weather- wear your favorite sweater! <ul style="list-style-type: none">• Plano ISD No School• Frisco ISD No School• Prosper ISD No School• Celina ISD No School Kwanzaa National Bacon Day	31 Dress-Up Day Bee Bright- Wear sparkles, glitter, neon to kick off 2026! <ul style="list-style-type: none">• Plano ISD No School• Frisco ISD No School• Prosper ISD No School• Celina ISD No School Kwanzaa New Year’s Eve, bye 2025!			



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Winter Holiday *DRESS UP DAYS!*



WEEK 1: DEC. 15 – 19, 2025:

DECEMBER
MONDAY
15

Dress-Up Day
A Very Cozy Christmas—
Wear flannel and fuzzy socks!

DECEMBER
TUESDAY
16

Dress-Up Day
Deck the Halls—Wear Christmas colors!

DECEMBER
WEDNESDAY
17

Dress-Up Day
Holiday Headwear—
Wear Santa/elf hats, antlers, or your favorite holiday headpiece.

DECEMBER
THURSDAY
18

Dress-Up Day
Santa's Workshop Day— Dress like your favorite Christmas character!

DECEMBER
FRIDAY
19

Dress-Up Day
Candy Cane Day—Wear red and white.

WEEK 2: DEC. 22 – 26, 2025:

DECEMBER
MONDAY
22

Dress-Up Day
Holiday cheer—
Wear your favorite ugly/Christmas sweater!

DECEMBER
TUESDAY
23

Dress-Up Day
Winter Wonderland—
Wear white and sparkles.

DECEMBER
WEDNESDAY
24

Dress-Up Day
Baby, It's Cold Outside—
Bundle up in your favorite winter gear!

DECEMBER
THURSDAY
25

**CLOSED:
Christmas Holiday**

DECEMBER
FRIDAY
26

Dress-Up Day
Stay Comfy and Cozy—
Wear festive pajamas!

ADDITIONAL DAYS

DECEMBER
MONDAY
29

Dress-Up Day
Decades Day—
close out 2025 dressed in your favorite decade wardrobe!

DECEMBER
TUESDAY
30

Dress-Up Day
Sweater weather!
Wear your favorite sweater

DECEMBER
WEDNESDAY
31

Dress-Up Day
Bee Bright- Wear sparkles, glitter, neon to kick off 2026!



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The Behavior Exchange Schedule – Holidays 2025



DEC
THURSDAY
18

EARLY CLOSURE FOR STAFF CELEBRATION

8:30 AM TO 3:30 PM – ALL HIVES

DEC
WEDNESDAY
24

EARLY CLOSURE

8:30 AM
TO
3:30 PM
– ALL HIVES

DEC
THURSDAY
25

CLOSED ALL HIVES

*Merry
Christmas*

JAN
THURSDAY
1 2026

CLOSED ALL HIVES

*Happy
New Year!*



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Reflect. Grow. Move forward.

Taking time at the end of the year to reflect helps you spot patterns, learn from challenges, and recognize how far you've come.

Journaling gives you a private space to capture those moments with honesty and clarity. The prompts below will help you look back with purpose and step into the new year with a fresh start.

Why an end-of-year reflection journaling session is important.

End-of-year journaling helps you understand your growth, process emotions, and gain clarity. It brings closure and highlights what matters most as you head into a new year.

Tips to prepare for end-of-year reflection journaling.

Find a quiet space, clear distractions, and revisit your memories to get into a reflective mindset. **Use the prompts below to look back on your year.**



Journal questions for self reflection.

- What changes did I experience this year?*
- What were some moments of joy I experienced this year?*
- How have I prioritized my well-being this year?*
- What strengths did I discover in myself this year?*
- What was the most valuable lesson I learned this year?*
- What dreams or goals did I pursue this year, and how did that journey unfold?*
- What was the most difficult challenge I faced this year?*
- Who made a difference in my life this year?*
- What are three moments from this year I'm thankful for?*
- What was the best new thing I tried this year?*
- What was the biggest risk I took this year?*
- How did my relationships change this year?*
- If I review this past year, what was the best thing that happened each month?*
- What are my goals for the coming year?*
- What new opportunities became available this year?*

- Write a message to myself to be reviewed one year from today*
- How have I changed over the past year?*
- What challenges did I face this year, and how did I overcome them?*
- In what ways have I positively impacted the lives of others this year?*
- What new skills did I gain this year?*
- How have my relationships evolved this year?*
- What are my top three accomplishments this year?*
- When did I feel the most present this year?*
- What was something new I learned this year?*
- What did I accomplish this year?*
- What was my favorite movie or book of the year?*
- What lesson did this year teach me?*
- In what ways did I grow as a person this year?*
- What values were most important to me this year?*
- How did I express my creativity this year?*



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REVIEWS



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.



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Family Member's Name:

Child's Name:

The caring staff member(s) I would like to recognize:

Please check this box if you don't mind us using a quote from your letter to share your experience with other families. We will NOT use full names, first and last initials only. Example *"...we cannot thank The Behavior Exchange enough for the progress we have seen in our child..."* -J.S.

Notes about my child's progress and experience with The Behavior Exchange:



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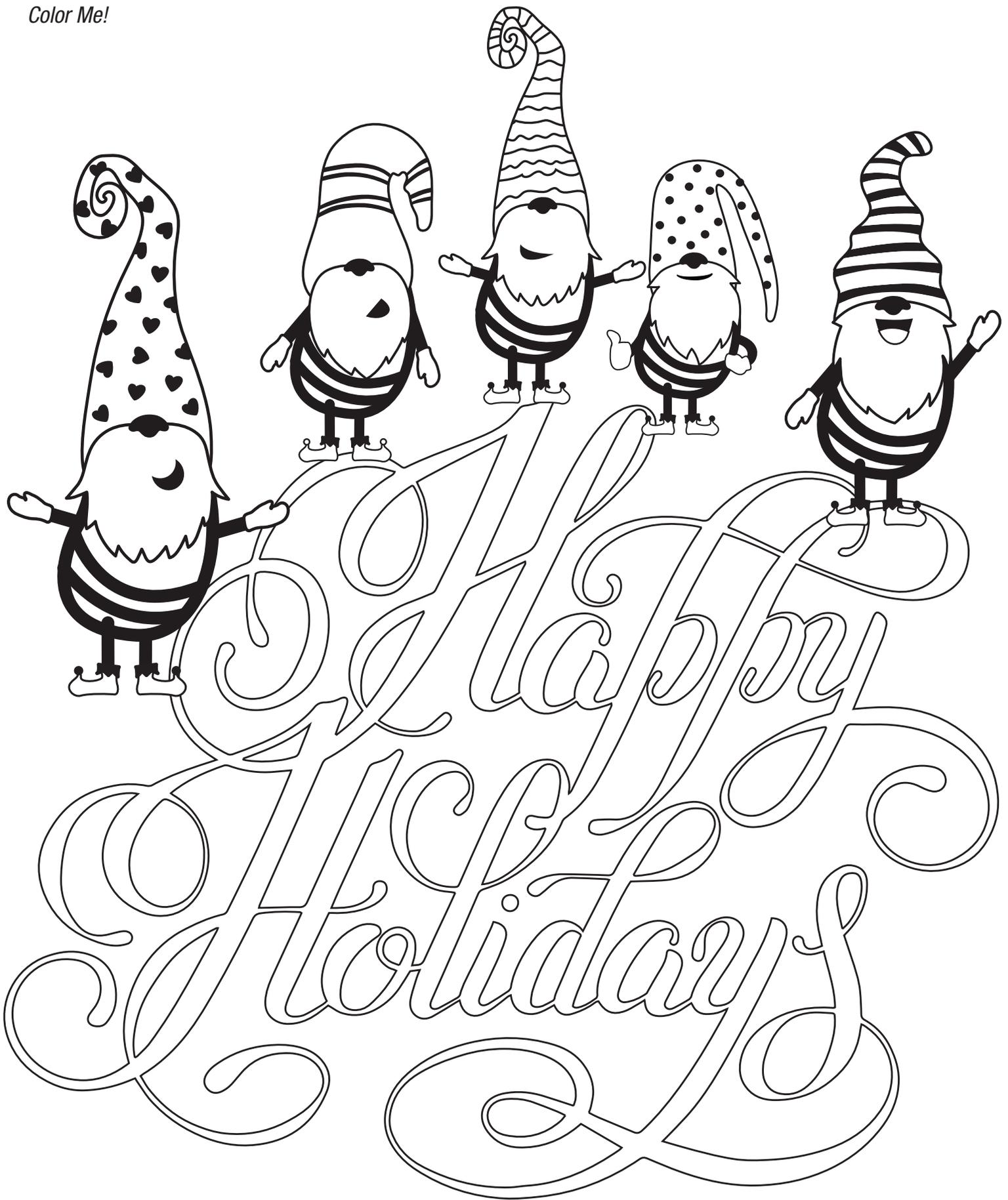


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Color Me!



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