MARCH 2026 NEWSLETTER

WOMEN'S HISTORY MONTH

Looking through our past.

Glass is one of the oldest human-made materials in existence. Mesopotamians were shaping it as early as 3500 BCE. The Romans perfected glassblowing. Medieval artisans turned it into cathedral windows that became art. For thousands of years, glass was fragile, decorative, and practical.

Today? It's foundational to some of the most advanced technologies in the world. The same material that once became hand-blown bottles now powers fiber-optic cables transmitting data at the speed of light. It forms the ultra-thin screens in our smartphones. It protects solar panels. It enables medical imaging. Scientists are even engineering specialized glass for quantum computing and space exploration. Old material. New application. Extraordinary impact. There's something deeply instructive in that.

In the world of Applied Behavior Analysis (ABA), we often work with principles that are not new: reinforcement, shaping, prompting, generalization. These behavioral foundations have decades of research behind them. They are established, studied, and proven. But how we apply them continues to evolve. We integrate technology. We individualize programs more precisely. We collaborate across disciplines. We analyze data in real time. We design environments that are responsive, compassionate, and tailored to each child's needs. Just like glass, the material hasn't changed. The application has. And that's the power of understanding our past.

In ABA therapy, knowing the science and understanding the behavioral principles that form the backbone of our work gives us guidance and clarity in how we help our families today. When we try something new, it's never random. It's built on strategies that have helped many children learn to communicate, connect, and grow. We adjust, we personalize, and we refine.

We don't leave the past behind. We learn from it and carry it forward. And we use it, every day, to help children build skills that last a lifetime.

As we move forward this spring, what past technologies or philosophies are you currently using to shape your family's future? Email us at: buddy@behaviorexchange.com

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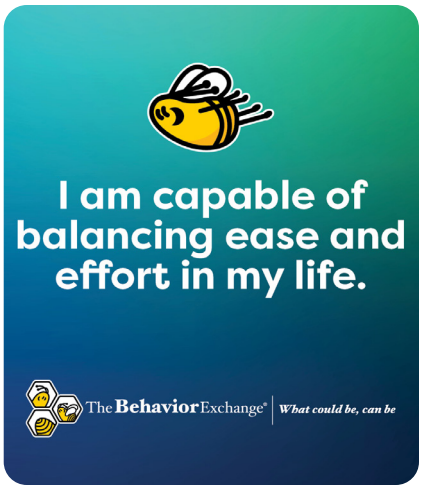
In This Issue:

- GLASS
- SPRING BREAK
- SUMMER SCHEDULES
- PDSES APPLICATIONS
- PNO
- SPRING FORWARD

Calendar

3/6: Parent's Night Out
3/16 to 3/20: Spring Break
3/17: St. Patrick's Day

Daily Affirmation



On this day in history

In recognition of Women's History Month, we celebrate the countless ways women have shaped our nation and influenced the world. The seven moments highlighted here are merely the tip of the iceberg—just a small sampling of

(Continued on next page)

Spring Break, school holidays, and more!

Speaking of making the most of your authorized ABA therapy hours and any weather make-up hours, Spring Break is a great opportunity to do so. As you may know, all of our hives remain open during Spring Break. Plano, Frisco, Prosper, all have school breaks the week of March 16-20.

Would you like to increase your child's hours on these school holidays?

The sooner we know, the better we will be able to accommodate your requests. This also applies to the many school closures we have until the summer break. See schedules below:

Plano ISD: 3/16 to 3/20 (Spring Break), 3/23

Frisco ISD: 3/16 to 3/20 (Spring Break)

Prosper ISD: 3/16 to 3/20 (Spring Break), 3/23

Celina ISD: 3/16 to 3/20 (Spring Break)), 4/6

If you would like to request additional time during spring break, contact your scheduling team at your hive.

Summer schedule request forms

It hasn't been that long since we had ice on our cars, but the need to plan for the summer months is closer than you think! Please keep a vigilant eye out for Summer Schedule Forms from our Intake team. It won't be long before we wish we had some lower winter temps as summer marches on.

PDSES applications open April 1. Be ready to apply.

The Parent-Directed Special Education Services (PDSES) application window for the 2025-2026 school year will **open on April 1 at 8am CST and close on April 30, at 5pm CST**. The Parent-Directed Special Education Services (PDSES) program is a one-time $1,500 online grant for parents/guardians of eligible students served by special education and who are enrolled in a Texas public school. Parents/guardians of eligible students can use the online accounts to shop the marketplace to obtain educational materials and resources such as textbooks, curriculum, or technology devices and/or services, such as additional ABA therapy, speech therapy, tutoring, or other specific services. **LEARN MORE**

For more information about financial assistance opportunities, see pages 8-9 below.

Parents Night Out

If you missed the previous Parent Night Out opportunities, not to worry. We are planning on continuing the series this month with another fun night for you and for your kiddo. Parents get some much needed fun, while your kids have an amazing entertaining time learning. It's a win-win situation! See flier on page 6 for details.

Spring Forward

On March 8, at 2 a.m., be sure to move your clocks one hour ahead. Daylight Saving Time begins! You'll gain more daylight in the evening, which means brighter after-work walks, more time outside with family, and sunsets that stretch a little longer.

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the extraordinary achievements woven throughout our history:

- In 1849, **Elizabeth Blackwell** became the first woman in the United States to earn a medical degree, breaking a professional barrier at a time when women were largely excluded from higher education and the sciences. Her accomplishment opened the door for generations of women to pursue careers in medicine and reshaped the landscape of American healthcare.
- In 1920, the ratification of the **Nineteenth Amendment** to the U.S. Constitution granted women the constitutional right to vote. This milestone expanded democratic participation nationwide and formally recognized women's political voice, even as many women of color continued to face systemic barriers for decades afterward.
- In 1955, **Rosa Parks** refused to give up her seat on a segregated bus in Montgomery, Alabama. Her quiet act of defiance became a catalyst for the Montgomery Bus Boycott and helped energize the modern Civil Rights Movement, transforming the national conversation around racial justice and equality.
- In 1972, the passage of **Title IX** prohibited sex-based discrimination in federally funded education programs. This law dramatically expanded opportunities for women and girls in athletics, academics, and professional training programs, fundamentally changing the educational experience across the country.
- In 1983, **Sally Ride** became the first American woman to travel to space aboard the Space Shuttle Challenger. Her

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THE BUZZ AROUND DFW:

Adaptive Shining Soccer Stars – Prosper

Cheer on your kiddo as they learn soccer basics at their own pace and in a fun, non-competitive environment. This inclusive program is specially designed by educators and child therapists and hosted by Prosper Parks & Recreation. Choose from three tracks based on age, starting as young as 2. The first spring session starts March 7 and ends April 11. Click to learn more and to register. Price and one-time material fee includes an Adidas jersey and soccer ball! **LEARN MORE**

Texas Forever Fest – Plano

Celebrate the March birthday of our big, beautiful state with family and friends at Plano's Texas Forever Fest. It's a big, outdoor party for everyone that's inspired by Texas' rich and diverse culture. You'll enjoy an afternoon of live country music, food, and fun, including activities for the kiddos. Saturday, March 21, from 11am-6pm at Haggard Park. Free, with food and drinks for purchase. **LEARN MORE**

Easter Bunny Fun – Prosper

Here are two great ways to meet the big-eared bunny, hunt for eggs, and have a blast this spring. On Thursday evening, March 26 from 6-7pm, the Easter Bunny will make an appearance at the Prosper Community Library for kiddos with special needs. Bring a basket to fill up and stop for a selfie with the big guy. Then, on Friday, March 27 from 11am-12pm, he'll hop over to Frontier Park for more fun festivities for all families. **LEARN MORE**

Dragon Tails – McKinney

Encourage the love of the nature in your kiddo at this new experience from the Heard Natural Science Museum and Wildlife Sanctuary. Stroll along a half mile trail (or bring a stroller with big wheels) and be amazed by roaring, animatronic dragons from myths and real-life species that roamed the earth with the dinosaurs. The museum also offers a sensory friendly adventure (Dragons Quiet) on the second Saturday of every month! Opens March 15. **LEARN MORE**

Peppa Pig: My First Concert – Dallas

Introduce your preschooler to live orchestra music at this fun, interactive concert made for ages as young as 18 months. Peppa and George will be there, helping your kiddo learn all about the different sounds instruments can make together, including musical favorites from their show and more. At The Majestic Theatre. Saturday, March 7. Performances at 2pm and 5pm. **LEARN MORE**

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achievement marked a defining moment for women in STEM fields and inspired a new generation to pursue careers in science, engineering, and space exploration.

- In 2009, **Sonia Sotomayor** was appointed to the United States Supreme Court as its first Latina justice. Her confirmation represented a historic step forward in representation within the nation's highest judicial body.
- In 2021, **Kamala Harris** was sworn in as Vice President of the United States, becoming the first woman, the first Black American, and the first person of South Asian descent to hold the office. Her inauguration marked a significant milestone in American political leadership and representation.

Fun Facts

The **Spring Equinox** will happen on Friday, March 20, 2026, roughly around 10:46 a.m. EDT. It marks the official start of astronomical spring in the Northern Hemisphere, where the Sun crosses the celestial equator, resulting in nearly equal day and night lengths. Inversely, the Southern hemisphere experiences the Autumn Equinox, where the seasons transition from summer to autumn. Countries near the equator, like Panama, Singapore, and Kenya, experience very minimal sunlight hours change, rendering the concept of "spring" season almost irrelevant.

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Butterflies in the Garden – Fort Worth

Walk among one of spring's most beautiful gifts at this special experience at the Fort Worth Botanic Garden. As the largest exhibit of live exotic butterflies in North Central Texas, "Butterflies in the Garden" will immerse your family in a tropical butterfly habitat where colorful species fly freely and gently around you, offering rare up-close encounters with the enchanting creatures. Opens March 1, daily from 10am-4pm. **LEARN MORE**

TED Ideas worth spreading

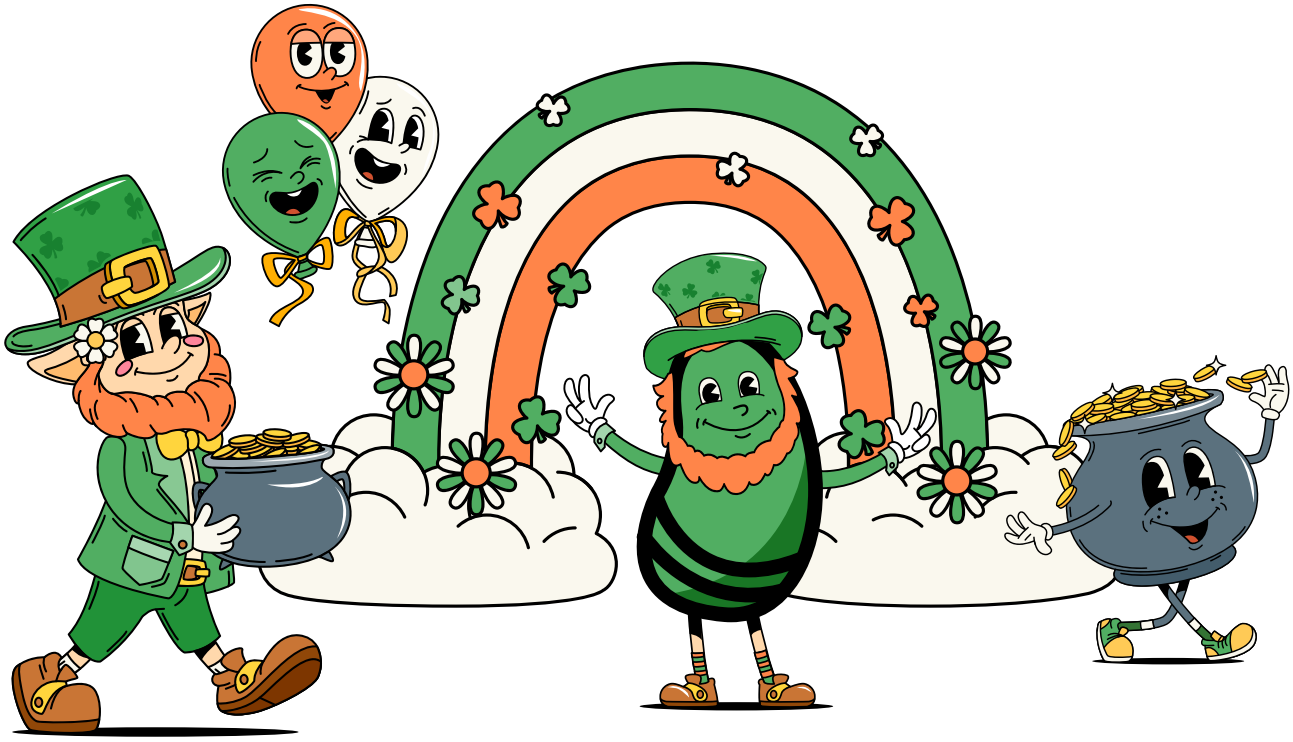
Why autism is often missed in women and girls.

Kate Kahle | TEDxAustinCollege

Women and girls with autism spectrum disorder often don't display the behaviors people typically associate with neurodivergence, greatly impacting when, how -- and if -- they are diagnosed. Autism acceptance advocate Kate Kahle makes the case for more research into this gender discrepancy, sharing her personal experience with masking, being diagnosed as a teenager and how it allowed her to better understand herself. "Autism is not a disease, and it doesn't need to be cured," she says. "It's just a different way some brains can work."

WATCH HERE

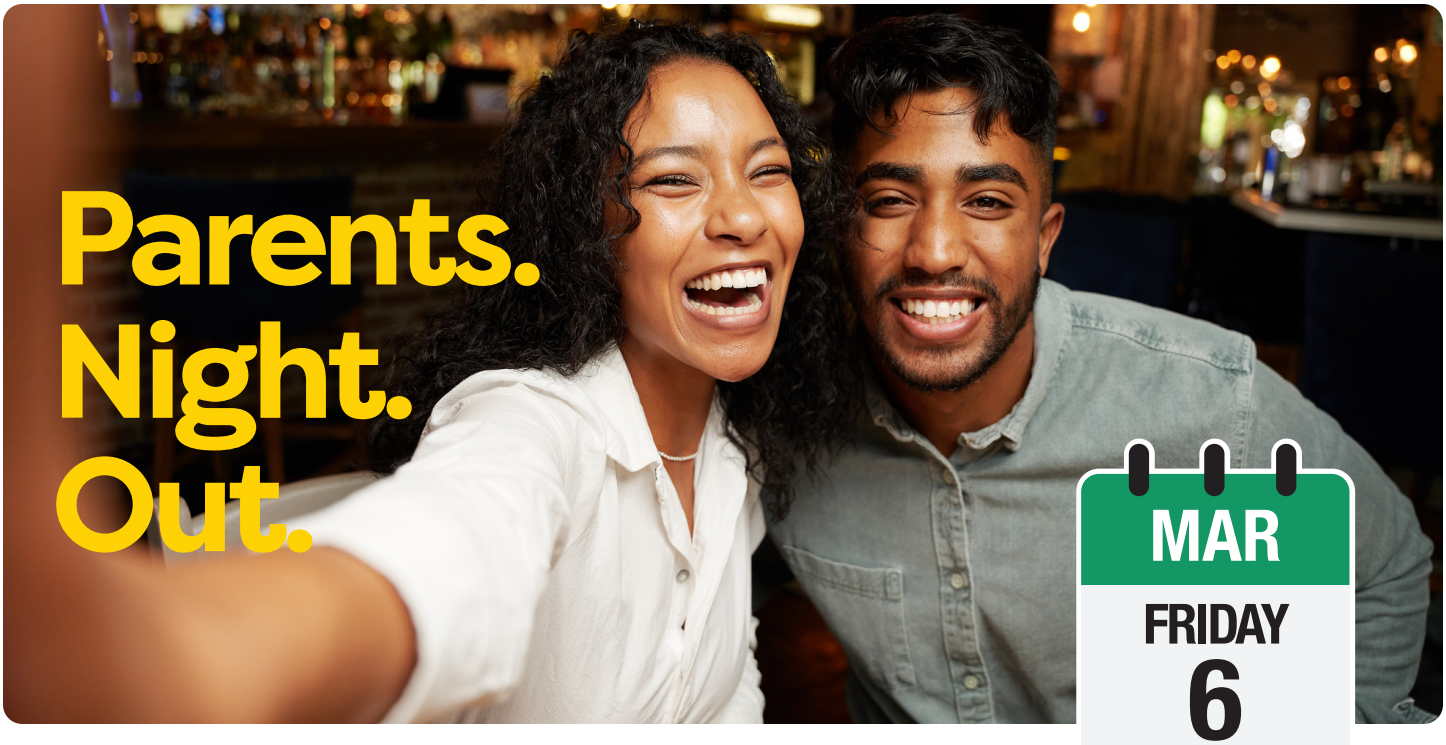
HAPPY ST.PATRICK'S DAY!



MARCH — 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	**2** Texas Independence Day National Banana Cream Pie Day	**3** **RSVP for** Parent's Night Out Holika Dahana	**4** Holi	**5** Nametag Day	**6** **Dress-Up Friday** Wear something western for Texas Independence Day **Parent's Night Out** 5:30-9pm 	**7** **Saturday Services** Frisco Hive 9:00am-3:00pm, CST National Day of Unplugging
8 Daylight Saving Time Begins	**9** National Barbie Day	**10**	**11** National Dream Day	**12** Alfred Hitchcock Day National Girl Scout Day	**13** **Dress-Up Friday** Spring Forward – wear PJs to rest up! National K9 Veterans Day	**14** **Saturday Services** Frisco Hive 9:00am-3:00pm, CST Pi Day
15 Ides of March	**16** • Plano ISD No School • Frisco ISD No School • Prosper ISD No School • Celina ISD No School SPRING BREAK! No Selfies Day	**17** • Plano ISD No School • Frisco ISD No School • Prosper ISD No School • Celina ISD No School Saint Patrick's Day	**18** • Plano ISD No School • Frisco ISD No School • Prosper ISD No School • Celina ISD No School National Sloppy Joe Day	**19** • Plano ISD No School • Frisco ISD No School • Prosper ISD No School • Celina ISD No School	**20** **Dress-Up Friday** St. Patty's Day- wear green to be lucky! • Plano ISD No School • Frisco ISD No School • Prosper ISD No School • Celina ISD No School Eid al-Fitr	**21** **Saturday Services** Frisco Hive 9:00am-3:00pm, CST
22 International Seal Day	**23** • Plano ISD No School • Prosper ISD No School	**24**	**25** International Waffle Day	**26** National Spinach Day	**27** **Dress-Up Friday** March Madness – sport your favorite basketball team! Ram Navami	**28** **Saturday Services** Frisco Hive 9:00am-3:00pm, CST
29 Palm Sunday	**30** Doctors' Day	**31** National Crayon Day				

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



MAR
FRIDAY
6

Another fun and exciting Parents Night Out!
Here's another chance for you to go on date night, run errands, Target shop, or simply relax! One thing's for sure, your child will be treated to lots of fun and learning opportunities, all coordinated by our expert ABA therapists.

Fun activities for all.
Movies, games, and entertaining learning opportunities. Be sure to bring a meal (nut-free) for your child(ren) to enjoy and an extra set of clothes in case of spills, accidents, or additional comfort.

Billing
The Behavior Exchange will bill services to your insurance provider. Rendered services not covered by your child's insurance authorization or daily hour maximum (MUE) will be billed on a private pay basis of $45 per hour.

Services will be offered dependent on client interest and staff availability.

- **All hives: Plano, Frisco, and Prosper**
- **5:30 – 9:00 p.m.**

Please RSVP by: Tuesday, March 3. 5:30 p.m.

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

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Financial resources to help put your child's goals within reach.

When changes to insurance coverage or other circumstances make it difficult to cover the costs of services your child needs, like ABA therapy, the organizations listed below may be able to help. They offer funding to families based on various criteria and information provided on an application. We have valuable experience helping families complete applications for grants, so please call to make an appointment if you'd like assistance. You want the best for your child, and so do we!

Amongst all the wonderful organizations providing support for individuals and families, these organization have a history of successful applications from families of The Behavior Exchange.

Masonic Home and School of Texas
Masonic Children & Family Services of Texas partners with charitable organizations, medical professionals and educational facilities to provide safety, comfort, food, shelter, healthcare and educational services–basic needs every child and family deserves.

masonichometx.org/

United Healthcare Children's Foundation
The UnitedHealthcare Children's Foundation (UHCCF) offers timely financial support to families, so they can focus on what is most important – improving the quality of life of their child. UHCCF grants help with medical expenses not covered, or not fully covered, by a family's commercial health insurance.

uhccf.org/

TEA — Supplemental Special Education Services
TEA is providing one-time online accounts of $1,500 to parents/guardians of eligible students served by special education and who are enrolled in a Texas public school.

https://sses.tea.texas.gov/

The Parent-Directed Special Education Services (PDSES) program is a one-time $1,500 online grant for parents/guardians of eligible students served by special education and who are enrolled in a Texas public school. Parents/guardians of eligible students can use the online accounts to shop the marketplace to obtain educational materials and resources such as textbooks, curriculum, or technology devices and/or services such as additional ABA therapy, speech therapy, tutoring, or other specific services.

To use QR Codes: Open your camera app on your phone, aim your phone at the QR code, and a link to the organization's website will automatically pop up. Click the link and you'll be taken directly to the website.

There are more organizations on the next page!

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972.312.8733 behaviorexchange.com enroll@behaviorexchange.com North Texas

Family Owned & Operated SBA WOSB Member Since 2020 ACE Provider CASP Member Since 2020 TheChicagoSchool Education Partner

More financial resources to try!

Oracle Health Foundation
Formerly Cerner Charitable Foundation—is building healthier tomorrows and stronger communities around the world through individual medical grants and wellness programs, engaging volunteerism, community initiatives and strategic partnerships.

oraclehealthfoundation.org/

National Autism Association
Provides communication devices to individuals with autism who are non-verbal or minimally verbal and whose communication challenges put them at risk of injury or harm.

nationalautismassociation.org

Financial Assistance from the State of Texas
Health Insurance Premium Payment Program is a Texas Medicaid program that helps families with at least one person on Medicaid pay for their employer-sponsored health insurance premiums. Premiums are the amount you pay every month for your health insurance.

hhs.texas.gov/services/financial

Varghese Summersett PLLCA Autism Scholarship
This program provides $500 scholarships for children's needs which can include iPads, summer camp, etc.

versustexas.com/autism-scholarship/

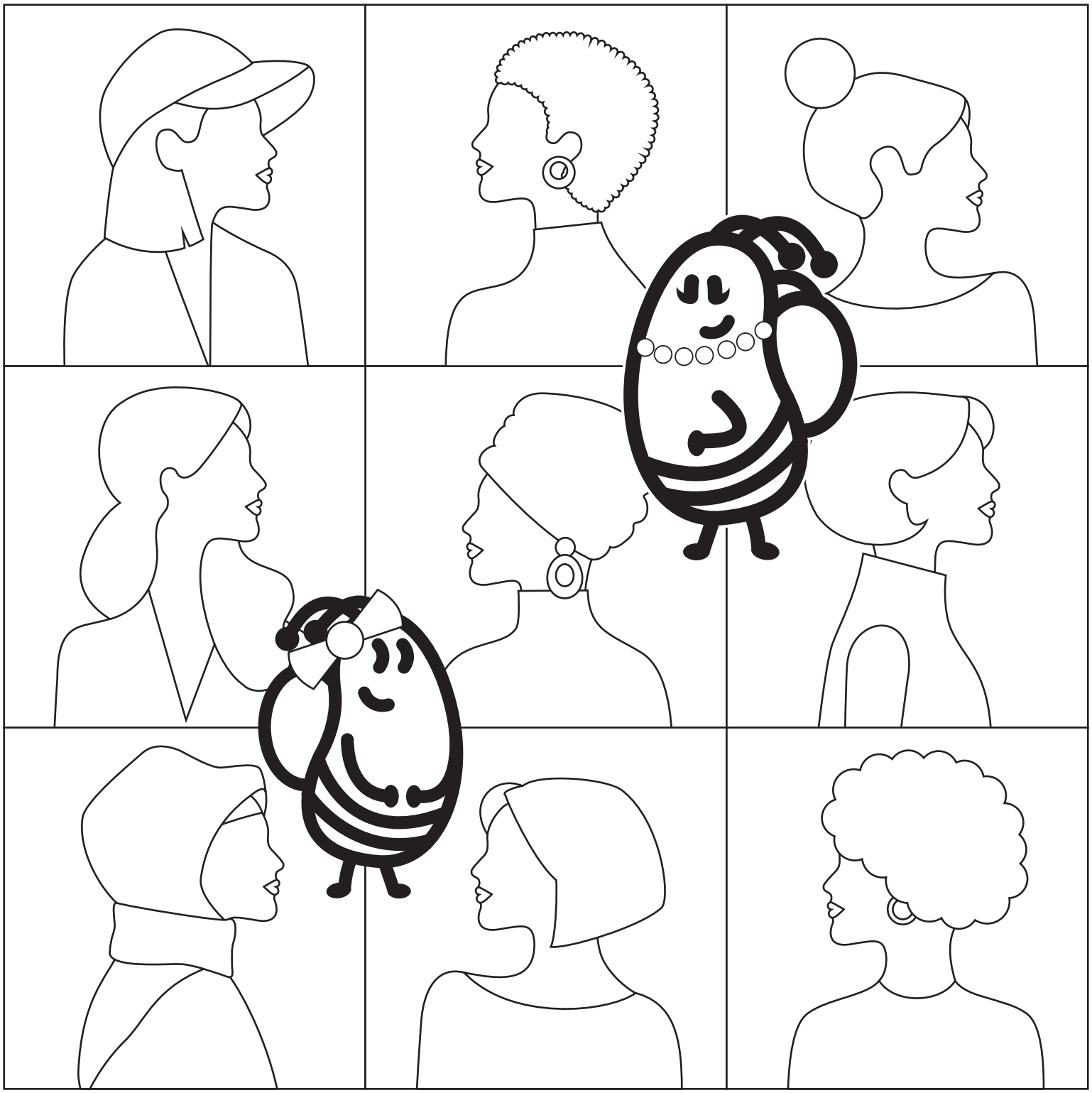
ASDF Programs
Scholarships are available for various summer camp programs.

myasdf.org/

If you're interested in funding from an organization not listed here, please let us know. We may still be able to help! Please feel free to contact our office if you have any additional questions. Thank you!

enroll@behaviorexchange.com

COLOR US.



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