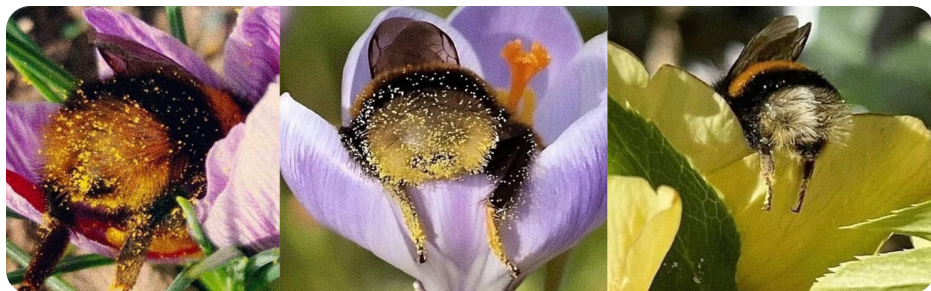




APRIL 2026 NEWSLETTER

AUTISM ACCEPTANCE MONTH



The power of the power nap.

Have you ever seen photos of bumblebees resting in flowers, seemingly exhausted from a hard day's work of pollinating? Their adorable, fuzzy little fannies, covered in pollen, lazily hanging out of a flower—cuteness overload, really. Besides wanting to miniaturize ourselves and cuddle up with them, there's something quietly remarkable about a bumblebee power nap. After hours of moving from flower to flower, doing the essential work of pollination, bees don't just push through exhaustion; they pause and rest. Researchers have observed bumblebees taking short "power naps," often nestled inside a bloom, using the petals as a kind of natural shelter. In those moments, these same little guys, known for constant motion, become still and protected, recharging before returning to their work.

It's a striking contrast to how we often operate. As people, especially as parents and caregivers, we tend to equate productivity with persistence. Keep going. Push through. One more task, one more demand, one more thing to manage. But our fuzzy-fanny little friends offer a different model: rest isn't a break from the work; it's part of the work. Without those pauses, the bee simply wouldn't be able to sustain the effort required to keep moving forward.

There's also something meaningful in how the bee rests. It doesn't retreat to something complicated or far away. It finds rest right in the middle of its environment, within a flower, surrounded by the very work it's doing. For us, that might look like small, intentional resets throughout the day: a few quiet minutes, a breath, a moment to step back. Not a full escape, but a brief recharge that allows us to return with more clarity, patience, and energy.

In many ways, growth—whether in ourselves or in our children—depends on this rhythm. Progress doesn't come from constant motion alone; it comes from cycles of effort and recovery. Just like the bumblebee, we're not meant to run endlessly. When we allow ourselves the space to rest, even briefly, we're not falling behind, we're preparing to keep going.

What power nap tips can you share with us? How do you recharge? Email us at: buddy@behaviorexchange.com

(Continued on next page)

In This Issue:

- POWER NAPPING
- SUMMER SCHEDULES
- UNUSED HOURS
- GOOD FRIDAY
- THE BUZZ

Calendar

- 4/2: Autism Acceptance Day
- 4/3: Closure: Good Friday
- 4/18: Adult Autism Acceptance Day

Daily Affirmation



I am good and getting better.



The BehaviorExchange® | What could be, can be

On this day in history

Over the past 50 years, autism research has undergone a profound transformation—moving from uncertainty and misconception to clarity, evidence, and meaningful progress. What was once poorly understood is now recognized as a

(Continued on next page)



The BehaviorExchange® | What could be, can be.®

972.312.8733

behaviorexchange.com



Proud to be a Behavioral Health Center Of Excellence®

LIKE us on:      

A kind word works wonders.  REVIEWS



Summer schedule request forms

90+ degree temps are nigh upon us and that means Summer Camp at The Behavior Exchange is just around the corner. Summer schedule forms closed a couple of weeks ago, but please, connect with your hive’s scheduling team if you have changes or any additional needs for your kiddos.

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 marks Autism Acceptance Month. A time to recognize neurodiversity, grow in understanding, and uplift the voices of individuals with autism and the families and caretakers who support them. We see this as more than a moment on the calendar. It’s a chance to encourage inclusion, lead with compassion, and celebrate the distinct strengths that make every child who they are.

There are many ways to get involved: wear blue, explore a book about autism together, attend a community event, or start a simple conversation that raises awareness and promotes acceptance. Small actions, done consistently, can create meaningful impact.

We’ve shared downloadable T-shirt designs for families before to print and enjoy at home. We’ve refreshed those designs for this year—**check out pages 7–11**. Download them, print them, wear them.

Most importantly, we hope this month offers a moment to pause and reflect—on the progress made, the resilience built, and the journey ahead. You’re not alone, and we’re honored to be alongside you every step of the way.



Good Friday Closure

We will be closed on **Friday, April 3** 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!

(Continued on next page)

complex, neurodevelopmental spectrum supported by decades of rigorous scientific advancement. These turning points represent not just milestones in research, but real shifts that have improved how we identify, understand, and support individuals with autism across their lifespan. Here are 10 of these milestones:

1. Autism Recognized as a Distinct Diagnosis

Autism was formally classified as its own diagnostic category in the Diagnostic and Statistical Manual of Mental Disorders (DSM-III). This standardized diagnosis enabled consistent research, clinical identification, and service development across the U.S. and globally. [LEARN MORE](#)

2. Autism Reframed as a Spectrum

The shift from separate diagnoses (e.g., Asperger’s, PDD-NOS) to Autism Spectrum Disorder (ASD) reflected growing evidence of wide variability in presentation. This change improved diagnostic clarity and emphasized individualized support needs. [LEARN MORE](#)

3. Debunking the “Refrigerator Mother” Theory

Research in the late 20th century firmly disproved the idea that autism was caused by cold or unresponsive parenting. Autism is now understood as a neurodevelopmental condition with biological origins.

4. Discovery of Strong Genetic Contributions

Twin and family studies revealed autism to be highly heritable, with complex genetic influences involving many genes.

(Continued on next page)





THE BUZZ AROUND DFW:



Main Street Arts Festival – Fort Worth

Ignite the passion for art in your little Picasso by heading west to the legendary Main Street Arts Festival in beautiful downtown Fort Worth. There's fun for the whole family, including incredible art, music, and food; a Maker's Zone dedicated to discovery and expression for all ages; educational and fun activities from the Ft. Worth Museum of Science and History, Ft. Worth Botanic Garden, and the National Cowgirl Museum and Hall of Fame; sand art; henna and glimmer tattoos; face painting; STEM lab activities, such as 3D VR; caricatures, and more. Thursday, April 16 - Sunday, April 19. [LEARN MORE](#)

Soccer: More Than a Game – Dallas

Get the family excited about the FIFA World Cup coming to Dallas this summer with this special interactive soccer experience at the Perot Museum. It's a fast-paced, family friendly exhibition that reveals how physics, biology, culture, and technology have shaped every aspect of the game, on and off the field. You'll feel the rush of the game, experiencing the locker room, the walk through the tunnel to the pitch, and the hands-on zone where you can test your skills through games you won't find anywhere else. Now through September 7.

[LEARN MORE](#)

Dallas Blooms Spring Sensory Morning – Dallas

Enjoy a calm and welcoming Spring Sensory Morning at the Rory Meyers Children's Adventure Garden within the Dallas Arboretum before it's open to the public. This event is designed for individuals with sensory sensitivities and their families and friends. The morning experience features sensory friendly activities that encourage gentle play, exploration, and connection with nature that's in full bloom this time of year – all at your own pace in a supportive and inclusive environment. A special puppet show will top off your colorful morning in the garden!

Saturday, April 11 from 8am-11am. [LEARN MORE](#)

Easter Egg Hunt – Frisco

Hop into the spring season with your Frisco neighbors at the Easter egg hunt at Kaleidoscope Park. Bring your little ones to participate in age-organized hunts and fill their baskets with colorful eggs placed throughout the Performance Lawn. Afterwards, meet the Easter Bunny, visit the arts and crafts station, enjoy lawn games, take a family photo, or meet live rabbits and chicks. The Easter egg hunts begin promptly at 2pm and last only a few minutes, so be on time as eggs will go fast. Saturday, April 4 from 1pm-4pm. [LEARN MORE](#)

(Continued on next page)

This shifted research toward biology, genomics, and personalized medicine approaches.

5. Early Screening and Diagnosis (18–24 Months)

Validated screening tools enabled clinicians to reliably identify autism in toddlers, sometimes as early as 18 months. Earlier diagnosis allows for earlier intervention, which is associated with better developmental outcomes.

[LEARN MORE](#)

6. Validation of Early Intensive Behavioral Intervention (ABA)

Research demonstrated that structured behavioral interventions—especially early and intensive programs—can significantly improve communication, learning, and adaptive skills. This established ABA as a widely used evidence-based approach.

7. Advances in Brain Imaging and Neurobiology

Technologies like MRI and fMRI revealed differences in brain structure, connectivity, and development in individuals with autism. These findings reinforced autism as a neurobiological condition and improved understanding of how early brain development differs.

8. Identification of Early Brain Development Differences

Longitudinal studies showed that brain growth patterns in infants later diagnosed with autism can differ within the first year of life. This opened new avenues for pre-symptomatic research and early intervention strategies.

9. Growth of Evidence-Based Multidisciplinary Care

Modern autism care increasingly integrates multiple disciplines—

(Continued on next page)





APRIL 2026 NEWSLETTER

AUTISM ACCEPTANCE MONTH

Easter Eggstravaganza – Frisco

Celebrate the season with an array of Easter-themed activities that promise fun for the whole family, including a fun egg hunt that kids can do at their old pace throughout the entire event! In addition to the egg hunt, your family can get a picture with the Easter bunny, pet furry friends such as bunnies, ducks, chicks, goats, and pigs, try your hand at carnival games, have your face painted, take home an Easter-themed balloon twisted by local artists, and enjoy a bite at pop-up food and beverage stands. Be sure to bring Easter baskets to collect eggs and other goodies along the way. Saturday, April 4 from 10am-2pm. [LEARN MORE](#)

MyDSO Sensory Friendly Concert – Dallas

Celebrate Earth Day with the Dallas Symphony Orchestra at this specially designed concert for children with autism and their families and friends. The concert will feature a wide range of musical selections from classical arrangements to movie scores. The concert will last about an hour and accommodate the needs of people with acute sensitivities. Lighting and sound levels will be adjusted appropriately, and guests are free to move around without judgement. All are welcome just as you are! Sunday, April 26 at 2pm. [LEARN MORE](#)

The SpongeBob Musical – Fort Worth

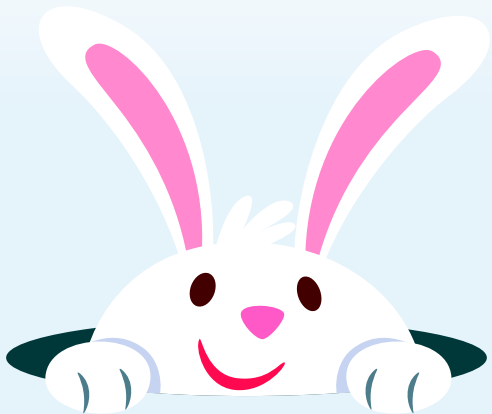
Dive into the laughter and heart of this “underwater” spectacle, starring the iconic optimistic sponge as he goes on a quest to save his fellow fish from certain doom. When the citizens of Bikini Bottom discover that a volcano will soon erupt and destroy their home, SpongeBob and his friends must band together to save their aquatic world. The production features music by the likes of Cyndi Lauper, David Bowie, Sara Bareilles, John Legend, and Panic! At the Disco. Afternoon performances on April 4, 5, 11, and 12 at the historical Casa Mañana Theatre.

[LEARN MORE](#)

behavioral therapy, speech therapy, occupational therapy, and family training. This holistic approach addresses the full range of developmental and functional needs.

10. Shift Toward Lifespan and Quality-of-Life Research

Recent research expanded beyond childhood to include adolescence and adulthood, focusing on independence, employment, and quality of life. This reflects a more comprehensive, long-term view of autism support.



The BehaviorExchange® | *What could be, can be.*

972.312.8733

behaviorexchange.com








Proud to be a Behavioral Health Center Of Excellence®

LIKE us on:

A kind word works wonders.



APRIL – 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 April Fools!	2 Autism Acceptance Day	CLOSED: Good Friday  National Find a Rainbow Day	4 Saturday Services Frisco Hive 9:00am-3:00pm, CST National Hug a Newsperson Day
5 Bell Bottoms Day	6 Fresh Tomato Day	7	8 National No Housework Day	9  National Unicorn Day	10 Dress-Up Friday Wacky Tacky Day- be foolish for April Fools!	11 Saturday Services Frisco Hive 9:00am-3:00pm, CST National Parkinson's Day
12 Pretzel Sunday	13 National No Housework Day	14  National Dolphin Day	15 Tax Day	16	17 Dress-Up Friday Light it up Blue- wear blue for Autism Awareness month Blah Blah Blah Day	18 Saturday Services Frisco Hive 9:00am-3:00pm, CST Adult Autism Awareness Day
19 National Cat Lady Day	20	21	22  Administrative Professionals Day	23 National English Muffin Day	24 Dress-Up Friday "Bee Bright" - wear fun, bright colors! National Skipping Day	25 Saturday Services Frisco Hive 9:00am-3:00pm, CST
26 World Tai Chi and Qigong Day	27 Morse Code Day	28	29	30  Mr. Potato Head Day		

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



The Behavior Exchange® | *What could be, can be.* ☎ 972.312.8733 🌐 behaviorexchange.com



Proud to be a Behavioral Health Center Of Excellence®

LIKE us on:      

A kind word works wonders.  REVIEWS

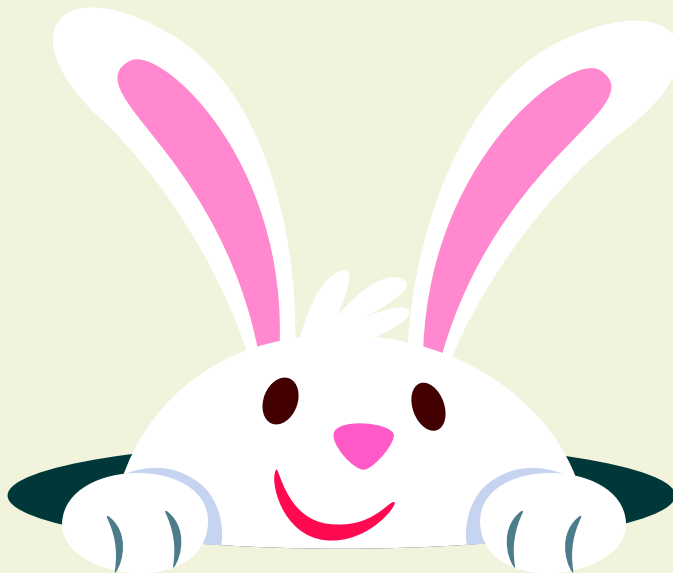
The Behavior Exchange will be closed on:



FRIDAY, APRIL 3, 2026 FOR GOOD FRIDAY OBSERVANCE



All hives: Plano,
Frisco, and Prosper.
Saturday Services will
resume at our Frisco Hive
on April 4.



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



Proud to be a
Behavioral Health Center
Of Excellence®



972.312.8733



behaviorexchange.com

Go ahead, find us and LIKE us on:



A kind word works wonders. REVIEWS

APRIL IS AUTISM ACCEPTANCE MONTH

Join us as we raise awareness to promote autism acceptance, to celebrate each individual's unique differences, and to foster inclusivity and connectedness. It's a time to renew our commitment to honor the unique perspectives of people living with autism and support children with autism and their families, helping each child reach their full potential.

We've created some designs (t-shirts) to help you celebrate and promote autism acceptance month. Look over the next 3 pages of this PDF to view these designs.

DIRECTIONS:

- Download this PDF to your laptop or desktop
- Pick your design
- Load up Dark Fabrics T-shirt Transfer paper to your inkjet printer.
- Follow instructions from Dark Fabrics T-shirt Transfer paper package
- Wear shirt



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

972.312.8733

behaviorexchange.com



Proud to be a Behavioral Health Center Of Excellence®

LIKE us on: [f](#) [t](#) [y](#) [i](#) [p](#) [i](#)

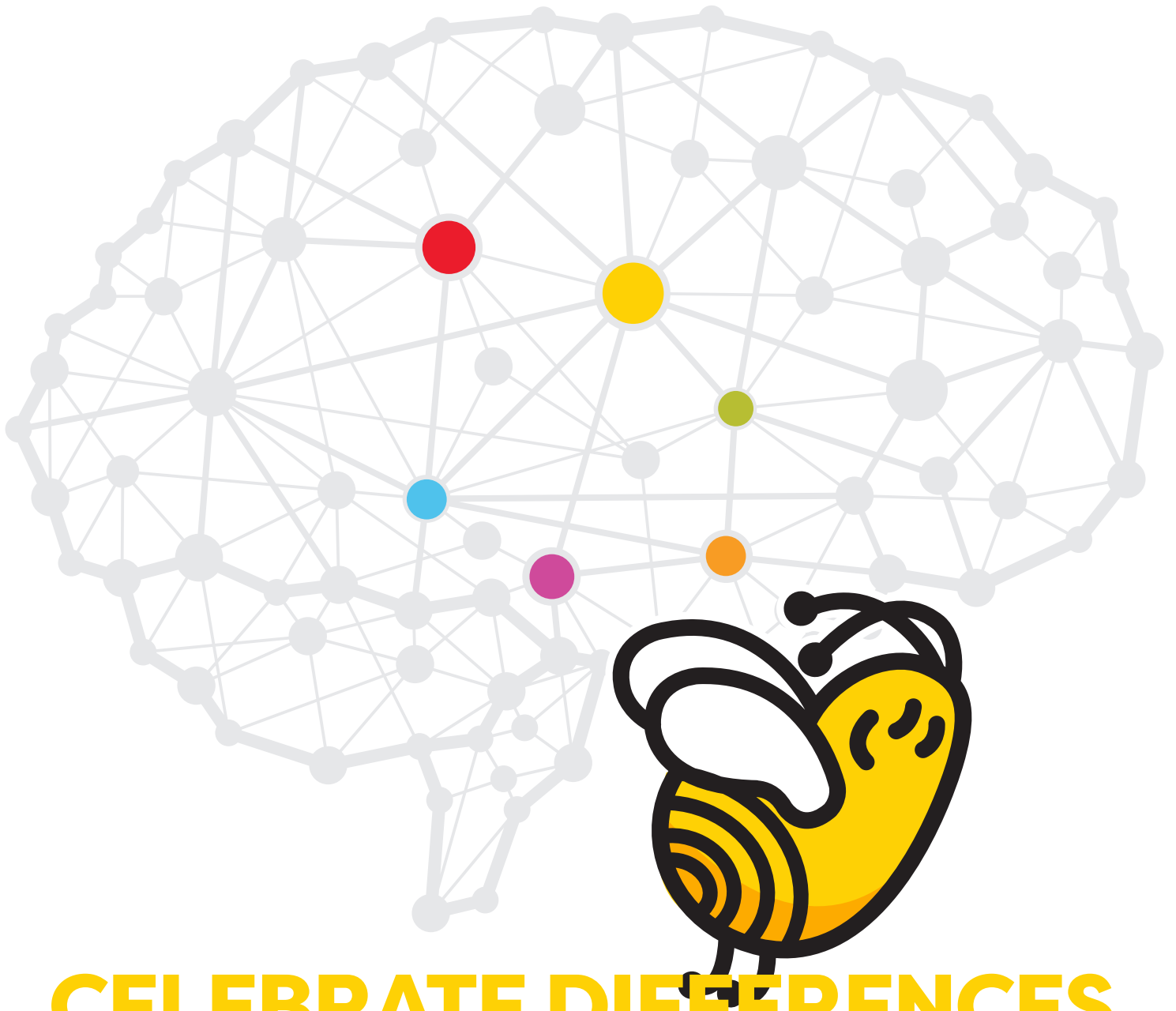
A kind word works wonders. [G](#) REVIEWS



Note: Cut below the dotted line before you iron-on your design on your t-shirt.



The Behavior Exchange®
What could be, can be.



CELEBRATE DIFFERENCES

AUTISM ACCEPTANCE MONTH – APRIL

What could be, can be.®



Note: Cut below the dotted line before you iron-on your design on your t-shirt.



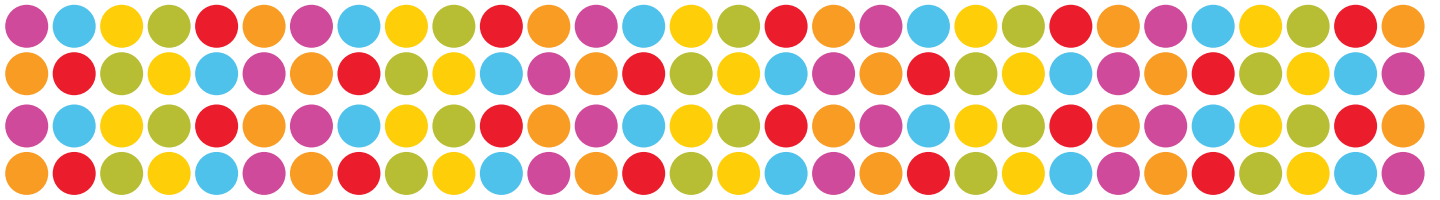
The
BehaviorExchange®
What could be, can be.®



Note: Cut below the dotted line before you iron-on your design on your t-shirt.



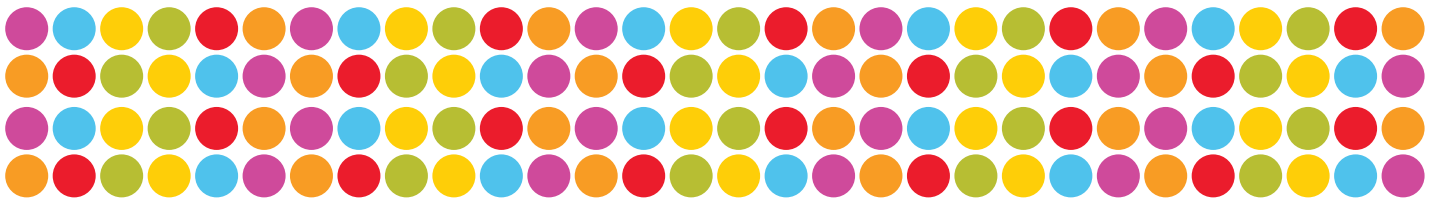
The
BehaviorExchange®
What could be, can be.



**EMBRACE
DIVERSITY**

**APRIL IS
AUTISM
ACCEPTANCE
MONTH**

What could be, can be.®



Note: Cut below the dotted line before you iron-on your design on your t-shirt.



The
BehaviorExchange®
What could be, can be.