



## Halloween Inclusive Events

### New Orleans

**Saturday, October 29 Autism Society Greater New Orleans:** [The Inclusive Halloween Party](#) will be held from 11:00am to 2:00pm at the Westwego Farmers Market (484 Sala Ave, Westwego, LA 70094).

### Metarie

**Friday, October 28** Jefferson Parks and Recreation Department: [Teen Fright Night Party](#), from 6:00pm-9:00pm at 6900 Saints Drive, Metarie, Louisiana, 70003. Registration required.

### Lafayette

**Tuesday, October 18** Families Helping Families of Acadiana and DREAMS Foundation: [Treats at the Village](#) from 6:00pm-8:00pm at LARC Acadian Village. [RSVP](#) online or by texting (318) 262-1612 or call (337) 262-1612. **Come visit Touchstone ABA at the Harry Potter House!**

### Thibodaux

**Saturday, October 15** City of Thibodaux Parks and Recreations: [Drive Through Trunk or Treat](#) from 2:00-4:00pm at Peltier Park. Reserve your child's bucket by calling (985) 446-7235 or email [acourteaux@ci.thibodaux.la.us](mailto:acourteaux@ci.thibodaux.la.us)

## TOUCHSTONE EVENTS for OUR FAMILIES

**Hammond: Trunk or Treat: 10/31 8:30-9:30am, Hammond center, 42367 Deluxe Plaza Rd, 70403**

**Thibodaux/Houma Trunk or Treat: 10/29 4-6pm, Thibodaux Center, 1301 St. Mary, 70301**

A few suggestions for participating in Halloween events: Prepare, Practice and Praise!

**Prepare:** Let your child know what to expect at a Halloween event by using a calendar or schedules. Schedules can be written or with pictures to let you child know the sequence or expectations for an event. Online videos are also a good way to show children what trick or treating or other Halloween events look like.

**Practice:** Your child may need to practice the steps for participating. Practicing could involve putting on and wearing a costume, or knocking on a door, or saying "trick or treat," or staying close to the adult. Role play with family members and friends.

**Praise:** Throughout the event, provide positive praise for what your child is doing well. Praise can increase the odds your child will continue doing those desired behaviors. Be sure to include a description of what your child is doing well, for example "I love the way you are staying by my side when we walk!" Here are a couple more Halloween resources for families:

[Happy Halloween – Making the Holiday fun for Everyone](#)  
[Halloween Tips for Autism Families](#)

janice

## THIS MONTH'S FAMILY MEETINGS

**Hammond 10/31 Group Meeting after Trunk or Treat, 9:30-10:30 in person**

**Thibodaux 10/25 Group Meeting at 8:45am in person**

**Houma 10/26 Group Meeting at 8:45 in person**

**Baton Rouge SLA 10/26 Group Meeting at 8:45am in person**

**Baton Rouge Pre-K 10/31 Group Meeting 1:00 in person**

**Lafayette 10/28 Group Meeting at 2:00pm in person**

**All New Orleans/Houma/ Thibodaux Online Meeting 10/27 at 9:30am and noon – online only via TEAMS**

Group sessions are open to any Touchstone parent or other legal guardian. Other caregivers may attend *with* parents/guardians. Please refrain from bringing children to the group meetings. Individual sessions can be conducted at the centers, in the home, or in the community, and address your child's specific needs.

**Join Us! If you are unable to attend the monthly meetings, please contact Angie Lanoux at: [alanoux@tc-aba.com](mailto:alanoux@tc-aba.com) to set up individual meetings.**

### Parent Collaboration Support:

**Houma/Thibodaux/NOLA- Paula White at [pgwhite@tc-aba.com](mailto:pgwhite@tc-aba.com)**

**Baton Rouge/Lafayette/Hammond- Mary Johnson at [mjohnson@tc-aba.com](mailto:mjohnson@tc-aba.com)**



Self-care is critical for parents and caregivers of autistic loved ones. You might be thinking, "Yeah right, who has time for that?" But self-care can be 5 minutes. Start small and incorporate 5 minute "Me" times throughout the day. It takes practice! With the upcoming holidays, and all the added stressors holidays may bring, intentionally taking care of yourself has many benefits for well-being. [Click here](#) to read more about self-care during the holidays.