



Fall Activities Can Look Different for Everyone

October often brings different kinds of fall festivals and activities.

Every child deserves to have fun and feel included, but for children on the autism spectrum, crowds and noises may be overstimulating. Halloween also may present specific challenges; wearing costumes, knocking on doors, having your own doorbell go off multiple times in the evening, and others. If your family participates in Halloween activities, consider these tips:

The costume:

- Let your child wear a costume that they love to get them excited for trick-or-treating. Consider the material of store-bought costumes, the zipper or other closures, etc. Also, let them practice wearing their costume at home before Halloween night to get used to it.

Practice:

- Give your child an idea of what to expect on Halloween night to better prepare them. This can include walking up to your front door, knocking and saying “trick-or-treat,” showing your child photos of neighborhood decorations and role playing with family members.

Sensory accommodations:

- Children on the spectrum may experience a sensory overload while trick-or-treating. This can be caused by large crowds, bright lights, and loud noises. Consider allowing your child to ride in a wagon while trick or treating, allowing the child to participate from a distance. Try to pick a time that is most likely to have the fewest number of people. You can also bring earplugs or headphones to reduce noise levels and also familiar comfort items for your child.

Alternatives to trick-or-treating:

- Some families and children may not be interested in trick-or-treating. There are still plenty of ways to celebrate! This can include making fall treats, playing fall themed games, watching a fun seasonal movie or passing out candy to trick-or-treaters. Alternative activities allow you and your family to celebrate in ways that best suit your family’s needs.

The power of praise:

- Praise your child when they are doing well. Positive praise will increase the chances of your child continuing to practice positive behaviors. Be sure to point out the exact behavior you noticed and want to see more of, for example “I love how you are listening and staying close to me.”

THIS MONTH’S FAMILY MEETINGS

Houma 10/25 Group Meeting 8:45am in person

Thibodaux 10/24 Group Meeting 8:45 in person

Houma/Thibodaux 10/21 Trunk or Treat 4-6pm at Thibodaux clinic

Baton Rouge Pre-K 10/31 Trunk or Treat, 12-1:30
Caregiver Topic: Social Communication Skills

Baton Rouge SLA 10/27 Halloween Dance 6-9pm
Caregiver Topic: Social Communication Skills

Lafayette 10/26 Group Meeting 1-2:30 in person
Caregiver Topic: Social Communication Skills

Hammond 10/27 Trunk or Treat 1-2:30

Houma/Thib/NOLA/Laf Online 10/26 9:30 and 12:00noon and 6:00pm

Dr. Carmen Broussard Online Series for all families:

10/5 9:00am Hints for the Holidays

10/12 12:00noon Safety First

Dr. Broussard’s sessions are held online via TEAMS, contact Angie at alanoux@tc-aba.com to register

Group sessions are open to any Touchstone parent or other legal guardian. Other caregivers may attend *with* parents/guardians. 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 to set up individual meetings.



Parent Collaboration Support:

Houma/Thibodaux/NOLA- Paula White at pgwhite@tc-aba.com

Baton Rouge/Lafayette/Hammond- Mary Johnson at mjohnson@tc-aba.com

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