Accepting the Spectrum

March 2025 Newsletter

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COLLABORATIVE
ABA SERVICES, LLC



March is finally here, and so is spring! However, with it comes very unpredictable weather and temperature fluctuations. One day may bring chilly winds, while the next feels like summer! There are also often rapid temperature changes throughout the day, with chilly mornings and hot afternoons. These unpredictable changes can be confusing for children with autism, especially those who thrive on routine and predictability. Below are some helpful strategies to support your child in adjusting to fluctuating temperatures. By using these strategies, parents and caregivers can help children manage the uncertainty of March's unpredictable weather with confidence and comfort.

1. Create a Clothing Chart and Morning Routine!



A visual chart that pairs weather conditions with appropriate clothing can be a powerful tool for kids who struggle with the inconsistency of clothing expectations. Use pictures of clothing items, like jackets, hats, shorts, and T-shirts. Add symbols or icons for weather conditions (e.g. sun, clouds, rain, etc.) Each morning, review the weather via the news, an app, or simply looking outside. Help your child reference the chart to decide what to wear. This can help build independence and reduce frustration surrounding clothing decisions. See an example of a clothing chart on the next page!



2. Practice layering

Teach your child the concept of layering so they can easily adjust their clothing based on temperature needs throughout the day. Start by practicing at home. Have your child put on a T-shirt, then a sweater or jacket. Encourage them to take off layers, or ask for help to do so, when they feel too warm. Practicing these steps in a calm setting will help prepare them to make these adjustments independently. On this note, make sure we are travelling with layers on as necessary.

3. Pack a "Weather Kit"

For days with very unpredictable weather, consider sending your child to school with a small kit that contains extra clothing items like a light jacket, gloves, or hat. This offers flexibility to adapt if the weather changes unexpectedly.







4. As always, reinforce flexibility!

Changes in weather can be frustrating, especially for children who struggle with unexpected events. Reinforce flexibility with praise when your child adjusts well. Simple statements like “Great job wearing your jacket!” can go a long way in encouraging positive behavior change.



Agency News

Please note Collaborative ABA Service’s closures for the remainder of 2025:

May 26: Memorial Day
June 19: Juneteenth
July 4: Independence Day
September 1: Labor Day
November 27: Thanksgiving
November 28: Day after Thanksgiving
December 24: Christmas Eve
December 25: Christmas Day
December 31: New Years Eve

Please also note the dates for 2pm early dismissal in the clinic for professional development:

April 9, 2025
May 14, 2025
June 11, 2025
July 9, 2025
August 13, 2025
September 10, 2025
October 8, 2025
November 12, 2025
December 10, 2025

Upcoming Events

Please see some local events taking place in April and May!



Easter Extravaganza - Saturday, April 12th
Middletown, CT



SAVE THE DATE!
ANNUAL WALK FOR AUTISM AND RESOURCE FAIR
SUNDAY, MAY 18, 2025
10:00AM - 1:00PM

ASRC Autism Services & Resources Connecticut
Clifford Beers Community Care Center

QUINNIPIAC UNIVERSITY NORTH HAVEN CAMPUS | 370 BASSETT ROAD, NORTH HAVEN, CT

Annual Autism Walk and Resource Fair - Sunday, May 18th
North Haven, CT

Lisa's Coaching Center

Understanding Blunt Speech in Autistic Kids

I spent years doing everything I could to help my son communicate–blowing bubbles, private speech therapy, visual support, and endless practice.
I longed for the day he'd say:
"I love you" or "I miss you."
"I'm hungry" instead of melting down.
"I need a break" instead of lashing out.
And when he did start talking. It was AMAZING.
It was everything I had hoped for, except for just one thing: he was telling me exactly what he was thinking about me. It felt like I was getting a daily review of my parenting, among other things, from my newly verbal child.
And while most of it was wonderful and sweet, some of it was biting.
Like when he called me Mean Mama for taking him to therapy after school instead of home to chill out. Or when, after spending hours making him chicken soup using g-mom's recipe, he told me hers was much better.
And, of course, there were times while driving him to and from therapies where he felt the need to tell me "dad is right - you are a bad driver."
Apparently my child had gone from pre-verbal to Roast Master.

Please click the live link below to access the rest of Lisa's column for the month via Google Docs.

https://docs.google.com/document/d/18JtO4gIyuZDphy3NMGLSlIHcN2VrW5AiKbK6-H9g48s/edit?usp=sharing

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