

Accepting the Spectrum

A monthly newsletter sharing information and support to families, caregivers, and friends of children on the Autism Spectrum

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Winter is coming to an end which means spring is near! While many look forward to warmer weather, with a new season brings many changes! Temperatures will start to change and it will soon be time to put away snow boots and coats and bring out spring clothes. Adjusting to the changes that a new season brings can be difficult for some children with autism. Here are some ways to help your child adjust to the upcoming season!

Help your child with packing away their winter clothes and unpacking their spring wardrobe! This activity can help your child become more comfortable with the upcoming change in clothing.

Allow your child to choose their spring outfits! Providing them with many choices with different textures that they can choose from can be helpful to ensure your child is comfortable in clothes they may have not worn in a while.

Social stories are another great way to prepare your child for the changes that will occur as we transition into spring. Social stories use simple sentences and a visual format to explain and increase understanding about a situation. You can create a social narrative for your child about how the grass will turn green, leaves will grow on the trees, the weather will get warmer, and that winter clothes will be put away.

DIFFERENT SEASONS, DIFFERENT CLOTHES

As the seasons of the year change, so do the clothes I wear!

In the Winter, the weather is the coldest
I wear more clothes to keep me warm
If it snows, I'll need my snow boots, coat, scarf, gloves, and hat
I should also wear jeans and a long sleeve shirt



In the Spring, the weather is warming up, but it's still cool outside
I can take some of my layers off
If it rains, I'll need my rain boots and raincoat
I might also wear jeans or shorts and a t-shirt



In the Summer, the weather is the hottest
I wear fewer clothes to keep me cool
If I go swimming, I will wear my bathing suit
To play outside I might wear shorts and a t-shirt or tank top



In the Fall, the weather starts to get cold again
I will bundle up on the cooler days and nights
If I play outside and it's chilly, I might wear a sweater, scarf, and boots
I might also wear jeans and a long sleeve to keep warm




Transition into spring with fun spring activities you can do with your child!

- Go on a nature walk! This is a great opportunity for your child to explore outdoors and become more comfortable with everything that comes with spring! You can even turn the nature walk into a scavenger hunt and see if your child can find flowers starting to grow outside!
- With warmer weather coming, sidewalk chalk is a great activity for you and your child to do together! Get creative and draw your favorite people or enjoy a game of hopscotch! Sidewalk chalk is great for fine motor skills and can be done anywhere that there is a little pavement!



Agency News:

- Collaborative ABA Services has openings for Occupational Therapy, Speech Therapy, and Autism Evaluations.
- Join us at the Middletown Recreation Easter Candy Hunt Eggtravaganza on Saturday, March 23rd from 9-12:30pm. No registration is required. All families are welcome.

MIDDLETOWN RECREATION
140 WILDERMAN'S WAY

EASTER CANDY HUNT
EGGTRAVAGANZA

SATURDAY, MARCH 23
ACTIVITIES FROM 9:00 AM - 12:30 PM

CANDY HUNT TIMES:

9:30 AM	2 YEARS OLD AND UNDER
9:50 AM	3 YEAR OLD
10:10 AM	4 YEAR OLD
10:30 AM	5 YEAR OLD
10:50 AM	6 YEAR OLD
11:10 AM	7 YEAR OLD
11:30 AM	8 YEAR OLD
11:50 AM	9 YEAR OLD
12:10 PM	10-12 YEARS OLD

ALL ACTIVITIES ARE INSIDE
NO PREREGISTRATION IS REQUIRED
PLEASE BRING FOOD ITEMS
FOR THE AMAZING GRACE FOOD PANTRY
AS YOUR ENTRANCE FEE

Please welcome new staff that have joined Collaborative ABA Services!



Chelsea has been a BCBA since 2018. She received her Master's in Special Education in 2014 from the University of Connecticut and began working in a self-contained classroom for children with aggressive behaviors. Upon meeting the program's BCBA, she realized her true passion was supporting children in skill acquisition and achieving functional living skills that increased children's quality of life. She received her second master's in Applied Behavior Analysis from Saint Joseph's University in Philadelphia in 2017 and while working with young children in the early intervention setting. In her personal life, Chelsea enjoys camping, hiking and traveling with her two kids, husband and dog. She also enjoys distance running and is currently training to run her third half marathon in April!



Meet Maria! She is a Behavior Technician and is currently attending Manchester Community College and is expecting to graduate with an Associate in Psychology in May 2025! Maria was not sure exactly what she wanted to do in the field until her son was diagnosed with severe Autism back in 2021. Her goal is to educate herself about the spectrum in order to help not only families and children but also her son and spread awareness! In her free time she loves to go for drives and watch the sunset!



Meet Thaliana! She is a Behavior Technician and has been helping individuals with developmental disabilities since 2020 and have been loving every second of it! She loves the sense of community that comes with the field and has always wanted to help people. In her free time she is a bit of a collector! She collects rocks, seashells, snow globes and stuffed animals, and love going to the beach and crocheting.



Meet Jade! She is a Behavior Technician and has always had a passion for working with children with autism, ever since her cousin was diagnosed with autism. Through this experience, she gained a passion for the field of human services and wanted to work with others who had autism and learn more about autism spectrum disorder. She is graduating from Quinnipiac University with a Bachelor's degree in Sociology in May 2024. She has been in the field for 1 year and has worked with kids and young adults with mild to severe autism ranging from ages 1 to 22 years old. She hopes to become a Clinical Social Worker in the near future, as she wants to dedicate her life to helping others with autism.



COLLABORATIVE
ABA SERVICES, LLC