



CAROLINA COAST BEHAVIORAL SERVICES



The official monthly CCBS newsletter

WHATS GOING ON THIS MONTH?

Hello and welcome to our first and spooky CCBS newsletter! Each month I want to provide our families with information on Autism-Friendly events in the community, helpful tips, and general information regarding ABA Therapy and Autism awareness.

Thank you, and I hope you enjoy our new monthly addition!

Taylor Veal- Special Projects and Outreach Coordinator



Autism and Trick-or-Treating

Trick-or-Treating with Autism can be well... tricky! Here are some tips to help your loved one enjoy their time collecting candy.

1. **Go for comfort.** With a lot of individuals on the Autism Spectrum, they experience sensitivity to touch and often times become overwhelmed due to constricting clothing. If you cannot find a costume comfortable enough to meet your loved ones needs, then wearing soft clothing under a costume may relieve some of the discomfort.
2. **Prepare in advance.** Practicing a skill can always help prepare for the big night of Trick-or-Treating and familiarize our loved one with the idea. You could practice ringing the doorbell and receiving or giving out candy! With some, watching a video or reading a book may also help familiarize them. Of course, when in doubt.... your ABA provider just may have a program to help.
3. **Have a backup plan.** If Trick-or-Treating seems like too much this year... skip it! Our loved ones are pushed every day in new situations and sometimes need a break. There are plenty of other holiday activities to enjoy such as picking pumpkins at a pumpkin patch, making Halloween crafts, or watching a classic Halloween movie! Maybe giving out candy will be more rewarding than going to door for your loved one.



¿Tu familia habla español?

Hay un Grupo de Apoyo para familias que hablan español. El reunión es el cuarto viernes del mes a las 6:00 en el MUSC Northwoods Clinic (2070 Northbrook Blvd Suite A16, North Charleston, SC 29406). Llame a Marina (843-876-2505) para más información.



Local Autism- Friendly Events

Skyzone Charleston (411 Wando Park Blvd, Mt Pleasant, SC 29464) has sensory-friendly nights every Tuesday and Thursday from 3-6. \$6 for 30 minutes of jumping and \$11 for 60 minutes.

COMPANIES WE LOVE TO LOVE!

Looking for soft, sensory-friendly Halloween costumes? Check out "RnMoMo" on Etsy! They have a wide range of costume onesies perfect for a kiddo who doesn't feel too sure about the whole "costume" thing. They even have themed outfits for the whole family!

