

ACCEPTING *the* SPECTRUM

August 2026 Newsletter

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COLLABORATIVE
ABA SERVICES, LLC

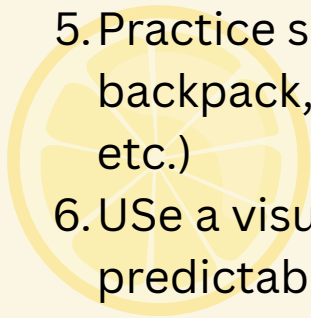
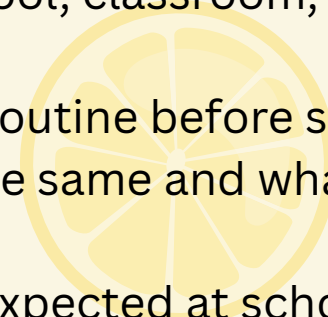
Ready, Set, School!

Happy August! The time is officially here, it's back to school time! The start of a new school year can bring a mix of excitement, anticipation, and uncertainty. New classrooms, teachers, routines, and expectations can feel overwhelming, especially when so much is changing at once. For children with autism, learning new routines and expectations can be difficult. With a little preparation, families can help make the transition feel more predictable and comfortable.

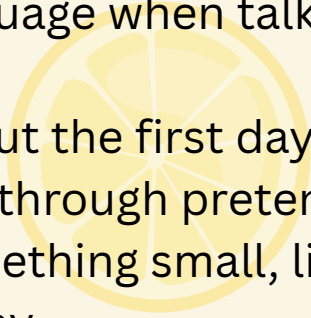
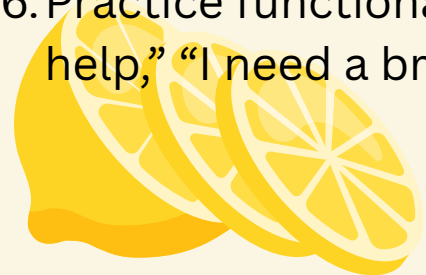
Practicing routines, visiting the new environment, and preparing for common school-day experiences can help children feel more confident and ready to take on the new school year!

BACK *to* SCHOOL

Preparing for a new classroom

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1. Visit the school/classroom ahead of time if possible.
 2. Look at pictures of the school, classroom, bus, or teachers.
 3. Practice the new morning routine before school starts.
 4. Talk about what will stay the same and what will be different from last year.
 5. Practice skills that will be expected at school (packing a backpack, opening lunch containers, asking for help, etc.)
 6. Use a visual schedule to make the new routine predictable.

Making the first day less scary

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1. Use simple, positive language when talking about school.
 2. Create a social story about the first day.
 3. Practice school routines through pretend play.
 4. Let the child choose something small, like a backpack snack, or outfit for the day.
 5. Identify a trusted adult they can go to if they need help (the teacher, para).
 6. Practice functional communication such as "I need help," "I need a break," or "I need the restroom."

Expect some big feelings

1. Acknowledge that nervousness or resistance is normal.
2. Avoid overwhelming the child with too much information at once.
3. Give extra time for transitions.
4. Reinforce brave behaviors like entering the classroom, greeting the teachers, or trying a new activity.
5. Remember that adjustment may take time - the goal isn't necessarily a perfect first day, but building comfort and confidence over time.



AGENCY NEWS

Join us for sensory friendly night at Adventure Palace!



ADVENTURE PALACE AND COLLABORATIVE ABA SERVICES, LLC

PROUDLY PRESENT

SLIDE BACK INTO SCHOOL Sensory Friendly Family Night!

Promoting Inclusivity for Children of All Abilities

FRIDAY, AUGUST 28th 5-8pm



Registration Required For SPECIAL PRICING

ONLY \$15.99 per Child

Includes admission for up to two adults

Sign Waver & Register Here



FREE

Face painting & Temporary tattoos

<https://forms.gle/n6zVQfuePyXLvrjM8>

For Questions or Help Registering for This Event: (860) 421-4052

Made with PosterMyWall.com

Join us for our annual Meet and Greet!



COLLABORATIVE
ABA SERVICES, LLC

ANNUAL MEET AND GREET

IN PARTNERSHIP WITH:



Middletown Police
Department



Middletown Rec



Middletown South
Fire District

SATURDAY, SEPTEMBER, 26 2026

10AM-12PM

FREE EVENT

with additional community
resources, food, games,
and family activities!



Middletown Recreation
140 Wilderman's Way,
Middletown, CT 06457

With a special guest appearance by
SONAR from the Hartford Wolfpak!



For more info:



860 421 4052



SCAN HERE for Registration

<https://forms.cloud.microsoft/r/hAm0z7fm0M>

Please welcome Arionne, RBT!

Hi, I'm Arionne! I graduated from Quinnipiac University with my bachelor's in health science and a minor in sociology. After graduating, I worked as a recreation assistant in a skilled nursing facility. I've now worked in the ABA field for a little over two years and have loved working with and watching my clients grow. I currently hold my certification as an RBT and hope to eventually continue my education to become a BCBA. In my free time, I enjoy doing anything involving music, reading, and spending time with my family and friends.



Please welcome Kayanna, RBT and BCBA Student!



Meet Kayanna! Kayanna attended the University of Connecticut and graduated in 2024 with a Bachelor of Arts in Psychological Sciences. She has worked as a RBT for two years and is currently pursuing her Master's of Science in Applied Behavioral Analysis at Capella University to become a future BCBA. In her spare time, Kayanna loves to go to the gym, get her nails done, travel, or do anything self-care related!



THE AUTISM MOM COACH

Why You Should Attend Autism Awareness Night at Quassy on September 4, 2026

Imagine taking your child to an amusement park and, while waiting in line for their favorite ride, they start stimming, crying, or loudly scripting to themselves. Instead of tensing up, calculating the quickest exit, and bracing for the stares, you feel supported — because you

are surrounded by people who just get it.

That's

what makes Sun Moon and Stars

' Annual Autism Awareness Night at Quassy different. It's

a night for

autism families and supporters to enjoy the park without worrying about being

“that” family, because on this

night, we are all that family.

Every one of us understands that a trip to an amusement park involves far more than buying tickets and finding parking. We know the military-level precision it takes to navigate crowds, long lines, and flashing lights

without a meltdown, and we

we all felt the disappointment of packing up and leaving early.

This is a chance to come together, let our kids enjoy the park, and remind ourselves that we are not alone.

Though it's

called Autism Awareness Night, the event is open to all special needs families and their supporters. Come enjoy the rides, connect with other families, and support a wonderful organization.

Here are the details:

Quassy Amusement Park

Date: September 4, 2026

Time: 5:30 - 9:30p.m.

Price: \$22 per person

Registration is required for all attendees.

Event admission covers Amusement Park Rides only.

Get Your Tickets Here:

<https://sunmoonandstars.app.neoncrm.com/np/clients/sunmoonandstars/event.jsp?event=804&>

P.S. Lisa, The Autism Mom Coach, is sponsoring the Grand Carousel this year. Lisa has been a fantastic contribution to our newsletters over the years. Stop by and say hi!

