

# October 2025 Newsletter

## ACCEPTING THE SPECTRUM



COLLABORATIVE  
ABA SERVICES, LLC

By: Grace Majewski, RBT

Happy October, and Happy Halloween to those who celebrate! In this month's newsletter, we've put together some "tips and tricks" for making the spooky season more enjoyable. Although exciting, the holiday can be overwhelming for children with autism, as costumes, decorations and new routines may create sensory or social challenges. Together, we can help our children experience the joy of Halloween in a way that feels fun and safe for them. Continue reading to learn about upcoming events, staffing updates, and link to a special podcast featuring Lisa, the Autism Mom Coach, and Alisha, LCSW & BCBA!



# 1 - PREPARE WITH A VISUAL SCHEDULE

Use pictures of a simple timeline to show what will happen on Halloween night – from getting dressed into a costume to trick-or-tricking and coming home. Visual supports help make the night more predictable. If you don't celebrate, make a schedule personal to you!



# 2 - PRACTICE!

Role-play knocking on doors and saying "Trick-or-Treat!" Alternatively, practice having people "Trick-or-Treating" to your door. This gives your child a chance to rehearse the social interactions in a comfortable setting before the big night.



### 3.- KEEP COSTUMES COMFORTABLE

- Let your child choose a costume that feels good to wear. Avoid itchy fabrics or masks if they're uncomfortable. Even a themed T-Shirt counts as a rockin' costume!



### 4 - PLAN FOR SENSORY BREAKS

- Bring noise-cancelling headphones or your child's favorite comfort item in case things get loud or busy. Encourage them to take breaks whenever needed.

### 5 - TRICK-OR-TREAT AT FAMILIAR PLACES

Start with neighbors or friends your child already knows. This builds confidence and helps them feel safe. You may also opt to take a route that you commonly use for walks, to get to school, etc.



# AGENCY NEWS

Please welcome Ikram, Social work student!



I'm Ikram Hales — a traveler, an immigrant, a writer, photographer, and social work grad student at UConn driven by stories that connect people and places. I've also had the rewarding experience of homeschooling children, which deepened my passion for learning, teaching, and supporting growth at every stage. Through my lens and my words, I explore the world's beauty, history, and shared experiences that shape who we are. In my final year of high school, I published *Flames Don't Have Shadows*, a book empowering young women to embrace identity, faith, and self-worth in a world full of expectations. My work and studies center around healing, empowerment, and helping others find strength in their own stories.



# UPCOMING EVENTS

Join us for the Autism Speaks walk and 5k, an event celebrating community, inclusion, and progress.



November 2nd @ 8:30 am

Mortensen Riverfront Plaza  
300 Columbus Blvd  
Hartford, CT 06103

Click the button below to register and get more information!

[Click Here](#)

# LISA'S COACHING CENTER



Check out Lisa's newest podcast: "ABA is Not One-Size-Fits All" featuring the founder of Collab, Alisha Simpson-Watt, LCSW, BCBA, LBA.

Alisha and Lisa discuss how ABA can be one of the most effective treatment trajectories for those with autism and how treatments should always be tailored to the individual. Click the button below to learn more!

[Click Here](#)



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