

Accepting the Spectrum

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

Written by: Olivia Sullivan, RBT

The changing of the seasons provides some ultimate sensory experiences and many love the transition to autumn. However, children with autism may have a tough time understanding the shift in seasons and all that a new season brings. There are several fun activities that you can do to help your child enjoy everything autumn has to offer.

- Create a fall sensory bin! You can fill up a container with common household items such as beans, dried corn, or rice and add additional autumn themed items such as leaves or mini pumpkins. You can also include a variety of spoons, tongs, and cups. When your child is pouring or scooping these items, you can talk to them about the texture and colors and how they are associated with the season.



- Promote outdoor play and physical activity! Raking leaves can be an activity your child can help you with! The heavy work that comes with raking leaves can also help to improve fine motor skills and create a sense of responsibility. At the end, your child can enjoy jumping into the big leaf pile that they have helped you rake!



- Fall art crafts! There are many ways to incorporate nature into art! Apple stamps are a creative and fun fall activity your child might love! Cut an apple in half and dip the apple into washable paint. Help your child press the apple down onto a piece of paper to make beautiful art!

- Pumpkin painting is another great fall activity! If your child is not into painting pumpkins, do not worry! Give them a plain paper plate or construction paper and orange markers to make their very own pumpkin!



Agency News:

- On Saturday, September 30th from 12-2pm there will be a meet and greet with Police Officers and Fireman. This event will be held at the Middletown Recreation Department. There will be games, food, activities, and fun!
- On Saturday, October 21, 2023 from 11-2pm, there will be a Downtown Trick or Treat event on Main Street in Middletown, CT. The event is a family fun event with games, activities, and food!

Please welcome our new staff that have joined Collaborative ABA Services:



Meet Morgan! Morgan is a Licensed Occupational Therapist (OTR/L). She graduated from Quinnipiac University in 2019 with her Bachelor's degree in health science studies, and the following year she earned her Master's degree in Occupational Therapy from Quinnipiac as well. Morgan has recently relocated from Albany, NY where she worked as an Occupational Therapist for 2 years with children and adults with intellectual and developmental disabilities. Morgan is passionate about working with individuals, helping them to reach their full potential. In her free time, Morgan enjoys spending time with family & friends, reading, running and traveling.

Kara is a Registered Behavior Technician who has seven and a half years of experience working in the public school system and clinical setting with children diagnosed with autism spectrum disorder and other disabilities. Kara has a Master's in Special Education K-12 and is on the path to graduating with her second Master's in Applied Behavior Analysis in May of 2024 from the University of Saint Joseph. Kara's professional interest is becoming a BCBA and collaborating with other special education service professionals to provide family support and advocacy, and to facilitate the development of foundational skills during early intervention in school-aged children. In her free time, Kara enjoys drawing and spending time with her family and dog.



Darian is the clinic BCBA at Collaborative ABA Services. She entered the field of ABA in 2018 and knew she wanted to become a BCBA after working with families. She earned her Master's degree from Purdue University in 2020. Having worked in a variety of settings, Darian has experience with different age groups as well. While Darian enjoys working with the kids, she also likes collaborating with families and teaching them about ABA and how to use strategies in the home. Even with a love for working with kids and families, she also runs her own ABA blog and a Children's Read Aloud channel with her pet rabbit, Bear.



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