

DBI NEWSLETTER

Dimensional Behavior Interventions

OCTOBER 2026

TURNING DAILY MOMENTS INTO MILESTONES.

Same Mission Bigger Impact

AWARENESS SUPPORT COMMUNITY HOPE

OCTOBER Breast Cancer AWARENESS MONTH

A NOTE FROM ERYKAH



Happy October, DBI Family!

October is a time to celebrate strength, spread awareness, and embrace all the fun this season brings. We are so grateful for our amazing learners, families, and team and the continued trust you place in us. Let's make this month full of growth, joy, and meaningful moments both in and outside of the clinic!

— Erykah Guidry, M.S., BCBA, LBA
Founder & Clinical Director

OCTOBER BIRTHDAYS

- Damian** 10/14
- Ethan** 10/18
- Jess G (Staff)** 10/23
- Madison B** 10/24

Happy Birthday!

Wishing you all a month filled with fun, happiness and so many smiles!

FALL BREAK PLANS?



Fall break is approaching!

Please let DBI know as soon as possible if your child's school will be closed, has early dismissal, or if you will have any schedule changes (vacation, travel, etc.) so we can plan and accommodate clinic sessions accordingly.

SKILL OF THE MONTH

Functional Communication Training (FCT)

FCT teaches your child to use a safe, appropriate, and effective way to communicate their wants and needs instead of engaging in challenging behaviors. By giving your child a functional way to ask for things like help, a break, attention, or a preferred item, we can reduce frustration and build more successful communication skills.

At Home You Can Try:

- ✓ Model simple language or sign ("help," "break," "more," "all done").
- ✓ Give choices to encourage requesting.
- ✓ Prompt and reinforce requests right away.
- ✓ Be patient and celebrate all attempts!



OCTOBER DRESS WEEK

OCTOBER 26TH – 30TH

MONDAY

MOVIE MONDAY



Dress like your favorite movie character!



TUESDAY

PINK OUT DAY



In honor of Breast Cancer Awareness Month! Wear pink from head to toe!

WEDNESDAY

WIZARDS vs WITCHES



Dress as a wizard or witch!

THURSDAY

THROWBACK THURSDAY



Take a trip back in time! Dress in your favorite decade (70s, 80s, 90s, 2000s, etc.)

FRIDAY

COSTUME DAY



Wear your favorite costume!

IN CLINIC TRICK OR TREATING

We will be having an in-clinic trick or treating event on Friday, October 30th during scheduled clinic sessions! We ask that each clinic-based or attending learner provides one bag of nut free candy by Wednesday, October 28th.

ASK THE BCBA

Q: How can I support my child when they are upset or frustrated at home?

A: Try using simple, calming strategies such as offering choices, modeling appropriate communication (e.g., "break" or "help"), and staying calm. Consistent routines and positive reinforcement also help reduce frustration over time.

PARENT REMINDER

- ✓ Communicate fall break plans and any schedule changes.
- ✓ Send nut free candy by Oct. 28th for in-clinic trick or treating (Friday, Oct. 30th).
- ✓ Keep us updated on any changes in school schedules, transportation, or upcoming IEP meetings.

THERAPY AT HOME

Fun Fall Activity Idea!

Create a fall scavenger hunt around the house or outside! Find leaves, pumpkins, pinecones, or acorns. This is a great way to work on following directions, vocabulary, and social play skills while having fun!

DBI FAMILY SPOTLIGHT

We love our DBI families!

Thank you for your continued partnership, encouragement, and trust. You are such an important part of your child's success!

♥ BUILDING SKILLS ♥ SUPPORTING FAMILIES ♥ CELEBRATING PROGRESS ♥

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