

**ABS  
Kids**

# WOW Factor

February was a month of meaningful connections and celebration at ABS Kids! We honored Black History Month by sharing stories and reflecting on the importance of diversity in our daily work, reminding us how cultural awareness helps us better support every child and family.

We also spread the love for Valentine's Day, celebrating the special bonds that make our team and community so unique. It's these connections that inspire us to continue making a difference every day!

Ready for some warmth? Check out some highlights from February below!



## March Upcoming Events

March 11<sup>th</sup>  
2nd Annual Community  
Resource Fair - Rock Hill, SC

March 14<sup>th</sup>  
Disability Celebration Day -  
Columbia, SC

March 18<sup>th</sup> - 20<sup>th</sup>  
2026 Practice Manager  
Spring Retreat  
- Elon, NC

March 21<sup>st</sup>  
Donut Dash 5K - St. George, UT

March 24<sup>th</sup>  
Sensory Friendly Tuesday  
Evening - St. George, UT

March 25<sup>th</sup>  
Hopes & Dreams Conference -  
Columbia, SC

March 26<sup>th</sup>  
Road to Possibilities -  
Greenville, SC

March 21<sup>st</sup>  
The Hunt Ventura Easter Egg  
Hunt - Ventura, CA

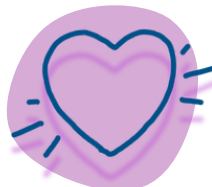
Check out the [Community Events](#) page on our website for upcoming events!



Columbia, SC



Why We All Have “Bad  
Executive Functioning” Days



What We Love About ABA  
Therapy



Hearing from One of Our  
Psychologists





Michelle C.

"I love working for a place that makes a difference. I can see by the caregiver reviews the impact the care has on these kiddos and their families. I can see team members rooting for each other. Being in an admin position, I can also see how dedicated everyone is behind the scenes to ensure our team feels supported. There is care and consideration taken at every step, by every department. That's what I love about ABS Kids."



Jackie w.

"I just started last week with my first client, and he got comfortable with me quicker than expected; even grabbing my arm and smiling during our trial. I love being in ABA because I get to make a real difference in kids' lives, helping them gain skills, independence, and confidence. Working for ABS Kids means being part of a supportive team that truly cares about growth and celebrating every win."



### Celebrating 15 Years of ABS Kids

As we celebrate 15 incredible years at ABS Kids, we're reflecting on the moments that make this journey so meaningful. The true heart of ABS Kids lies in the stories of our team and the lives we've touched along the way.

We asked our team, "**What's a moment in your journey with ABA or ABS Kids that has truly touched your heart?**" Their heartfelt responses highlight the passion, dedication, and love that fuel everything we do.



Terri R.

"I love to light up their eyes! I love the smiles. I love the confidence I see grow as they conquer new activities. This job is super rewarding."



Naionna S.

"Moments like today really remind me how special the work we do is! To see our kiddos' smiling faces, excited for new activities and experiences, brings me so much happiness. Today, one of my kiddos ran to me, gave me the biggest hug, and said, '**This is the best day ever.**' "



Maile K.

"I love helping kids achieve independence every day. I'm so grateful to work for such a supportive company—ABS Kids supported me mentally and emotionally during a recent family medical matter. Huge thanks to my supervisor Estefania Luna and HR Eileen McElhinney. I absolutely love working here!"



This February, ABS Kids celebrated Black History Month by recognizing the strength that diversity brings to our community. Cultural awareness isn't just a focus for one month; it's a core value that guides how we support families and help every individual thrive.

At ABS Kids, we believe that understanding and honoring each family's unique background is key to providing compassionate, effective care. By moving beyond a one-size-fits-all approach, we create meaningful connections that help children reach their full potential.



### **How We Practice Cultural Awareness**

Here are some ways we ensure our care is inclusive and respectful of every family's culture:

#### **Understanding Social Norms**

Social behaviors are often shaped by culture. For example, in some cultures, direct eye contact with adults may be seen as disrespectful, while in others, it's expected. We work closely with families to ensure that social goals are meaningful and culturally relevant.

#### **Representation in Materials**

Representation matters. We select books, flashcards, and videos that reflect the diversity of the world and the unique backgrounds of the children we work with. Seeing characters who look like them can boost a child's engagement and self-esteem.

#### **Collaborating with Families**

We value families as experts on their own lives. By asking open-ended questions like, "How does your family celebrate holidays?" or "What traditions are important to you?" we ensure that our care aligns with each family's values and needs.

Diversity and cultural awareness are at the heart of everything we do. Together, we can create a supportive, inclusive environment where every child and family feels seen, respected, and empowered.

# Spring Break Tips for Families

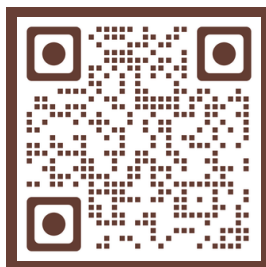
## Spring Break Tips for Neurodiverse Families

Spring break is a wonderful time to relax and connect as a family, but we know that changes in routine can be tough. With a little planning and flexibility, you can create a spring break filled with happy moments and less stress.

### Here are some practical tips to help your family thrive:

- **Co-Create Your Plans:** Involve your child in planning activities. Use visual schedules and offer choices to help them feel included and prepared.
- **Manage Sensory Overload:** Pack a “go-bag” with comfort items like noise-canceling headphones, fidget toys, and snacks. Look for [sensory-friendly events](#) in your area.
- **Plan for Downtime:** Schedule breaks between activities to give your child time to decompress and recharge.
- **Travel with Care:** Practice parts of your trip beforehand, like short car rides or watching videos of a destination. Bring familiar items to make new environments feel safe.

Our team is here to help empower your family with practical strategies and a supportive mindset, ensuring you feel confident and prepared for a successful spring break.



### *Episode #225*

#### **Executive Functioning: Strategies for Autism Success | with Dr. Lauren Kenworthy**

Dr. Lauren Kenworthy, author of *Unstuck* and *On Target*, shares expertise on how executive functioning impacts autistic individuals and offers practical strategies for support at home, school, and beyond.

### *Episode #224*

#### **Empowering Families: Parent-Mediated Interventions | with Dr. Brooke Ingersoll**

Dr. Brooke Ingersoll, Director of the MSU Autism Research Lab, shares insights on parent-mediated interventions, Project ImPACT, and the RISE study to support the autism community.

# spring social toddler time



## **SPRING TODDLER WELLNESS: JOIN US FOR TODDLER TIME!**

This spring, ABS Kids is hosting **Toddler Time**, a free social skills group for children aged 2 to 5 on the autism spectrum. These fun, interactive sessions help young children build essential social skills in a warm, supportive environment.

### **Event Details:**

**Location:** ABA Therapy Center, 986 Wellness Way Ste. 210, Fort Mill, SC 29715

**Dates:** Mondays, February 23 – March 30, 2026

**Time:** 10 AM – 12 PM

### **What to Expect:**

Social skills activities for children with and without an autism diagnosis

A supportive space for play, learning, and connection

Families can connect and grow together

### **Special Guest:**

Violet from Tayloring the Spectrum LLC will be onsite to answer questions about autism support and services in South Carolina.

### **Session Dates:**

**February 23rd**

**March 2nd**

**March 9th**

**March 16th**

**March 23rd**

**March 30th**

### **Space is Limited!**

Complete the interest form to secure your spot. Let's help your little one grow, connect, and thrive this spring!

# Hear from One of Our BCBA's



At ABS Kids, we're proud to have passionate and dedicated team members like Aundra Carter, whose mission is to create meaningful change for children and families. With years of experience and a love for teaching, Aundra is committed to helping families navigate the challenges of ABA therapy and achieve their goals.

## Aundra's Journey to ABA

Aundra's path to becoming a BCBA was anything but traditional. Originally pursuing a career in clinical mental health counseling, she discovered her passion for ABA after years of working as an RBT. Her ability to think on her feet and her love for problem-solving made her a natural fit for the field. Since joining ABS Kids, Aundra has worked with a wide variety of children, helping families overcome challenges and celebrate successes.

## A Family-Centered Approach

For Aundra, the most rewarding part of her work is seeing families thrive. She believes in meeting families where they are and focusing on what matters most to them. One of her most memorable experiences was helping a family who couldn't attend sibling sporting events due to their child's maladaptive behaviors. By shifting the focus of therapy to prioritize safety and family participation, Aundra helped the family achieve their goal of attending events together—a life-changing milestone.

## Tips for Families Starting ABA Therapy

Aundra understands that starting ABA therapy can feel overwhelming, especially with the misconceptions that sometimes surround it. Here are her top tips for families:

- **Be Open and Honest:** Share your concerns, goals, and hopes with your BCBA. The more they understand your family's unique needs, the better they can tailor therapy to fit your life.
- **Get Involved:** ABA therapy works best when families are actively engaged. Ask questions, participate in sessions, and learn the strategies being used so you can apply them at home.
- **Focus on What Matters Most:** Therapy should align with your family's values and priorities. Whether it's attending events, improving communication, or building independence, make sure your goals are at the center of the plan.
- **Be Patient and Celebrate Progress:** Change takes time, but every small step forward is worth celebrating. Trust the process and recognize the hard work your child is putting in.
- **Ask About the Process:** If you've heard concerns about ABA therapy, don't hesitate to bring them up. Aundra believes in having open, honest conversations to address any worries and ensure families feel confident in their child's care.

**Aundra's dedication to fostering growth, building trust, and creating positive change is at the heart of everything we do at ABS Kids.**

# Hear From Our Psychologist: Dr. Nicole Medina

This month, we're thrilled to spotlight **Dr. Nicole Medina**, a licensed clinical psychologist at our Morris Center with over 20 years of experience in the autism field. Dr. Medina brings not only her professional expertise but also her personal perspective as a mother to five children, all of whom are autistic and have ADHD.

Her unique blend of professional knowledge and lived experience fuels her passion for supporting families and making a difference in the lives of children.

## **Why ABS Kids**

When asked why she chose ABS Kids, Dr. Medina shared how much she values the opportunity to provide holistic support, not just for the children she works with but for their entire families. She loves being able to offer answers, guidance, and hope to parents navigating the challenges of a diagnosis.

## **WOW Moment**

One of her most memorable "WOW" moments came when a former client, who was non-verbal as a child, reached out years later to share that they had graduated from college. Moments like these remind her of the lasting impact of ABA therapy and the importance of the work we do at ABS Kids.

## **Tips from a Psychologist**

### **Don't Delay Evaluations**

Dr. Medina encourages parents to seek evaluations early, even if they think their child's behaviors might just be "quirky." She highlights that the human brain develops the fastest from birth to age five, and early intervention leads to the best outcomes.

### **Acknowledge Your Feelings**

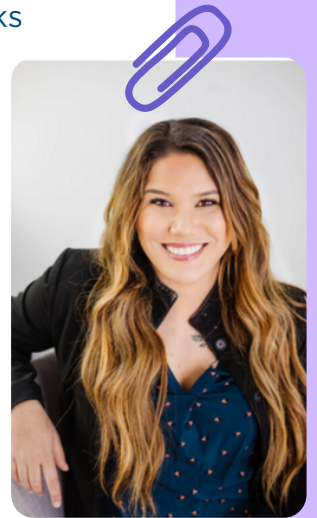
It's normal for parents to feel resistance or fear when they suspect something might be different about their child. Dr. Medina advises parents to recognize these feelings but focus on what's best for their child, regardless of their own emotions.

### **Understand the Evolution of ABA**

Dr. Medina acknowledges the negative stereotypes surrounding ABA therapy but emphasizes how much it has evolved. Modern ABA focuses on improving quality of life, addressing challenges that impact daily living, and empowering children to self-advocate, rather than trying to "normalize" them.

### **Focus on Self-Advocacy**

One of Dr. Medina's key goals is teaching children to self-advocate. She shared an example of her own child learning to ask for clarification when struggling to understand jokes or sarcasm. This skill helps children navigate the world while staying true to themselves.





We're proud to be a part of your community. These reviews are a reminder of why we continue to Work in WOW at ABS Kids.

### **CHARLOTTE TYRON**

Best ABA ever my daughter loves everyone and being there, everyone is so caring and I have seen a lot of improvements with her.

### **GREENVILLE BROADUS**

Awesome! I love this place for our little guy - he is making very good strides already! He wants to run in to get to the genius teacher and class!

And we really love Lynn, and the therapist, and others-very sweet and friendly. ABS Kids is highly recommended.

### **NASHVILLE WALLACE**

Mi niño a progresado mucho le an ayudado muchísimo todos son muy buenas personas el los quiere muchísimo, Alex es una persona excelente muy amable, todos son muy amables se los agradezco mucho

[My child has made great progress; everyone has helped him so much. They are all wonderful people, and he loves them all very much. Alex is an excellent and very kind person. Everyone is so kind, and I am so grateful.]

### **RIVERSIDE GATEWAY**

I was very worried sending my kid here for the first time, as any mother would, but I'm so glad I did! I love the atmosphere and the staff are amazingly great my son has progressed so much since going here! I am blessed to have found this place. I have high hopes for the future

# WHAT'S YOUR WOW

CHECK OUT OUR  
WOW MOMENTS  
FROM JANUARY



One of my favorite moments was helping my kiddo create a special Valentine's card for his mom. I showed him how to fold the paper, cut out a half-heart, and unfold it to reveal a full heart. He loved it so much that, after making big hearts for the card, he decided to cut out tiny hearts to sprinkle inside like confetti. We even made the envelope together! Seeing his excitement and creativity come to life was such a joy—and his mom's reaction made it all the more special.

CHECK OUT ANOTHER  
WOW MOMENT ENTRY  
FROM FEBRUARY!



I just started last week with my first client, and he got comfortable with me quicker than anyone expected. During one of our trials, he even grabbed my arm and gave me the biggest smile—it was such a heartwarming moment! I love being in ABA because I get to make a real difference in kids' lives every day, helping them build skills, independence, and confidence. Working for ABS Kids means being part of a supportive team that celebrates growth, progress, and every little win. And I absolutely love seeing the shoutouts you all give each other—it's inspiring!

# WOW FACTOR