



SPECTRUM STRONG

FEBRUARY

2026

A NOTE FROM THE SPECTRUM STRONG TEAM

We are so excited to roll out our Spectrum Strong newsletter this month. Each month, those of you on our mailing list will receive information about topics that are important to our families, resource spotlights featuring podcasts, books, websites, businesses and more that families might find beneficial. If you have ideas of topics that you would like us to cover or if you have resources that you love - please email your ideas and information to spectrumstronghudson@gmail.com. Thank you all for being part of our Spectrum Strong community!



In Need of Visual Supports?

IF YOUR CHILD NEEDS VISUALS, A SOCIAL STORY OR SUPPORT AROUND A SPECIFIC SITUATION - REACH OUT TO SPECTRUM STRONG. WE'RE HAPPY TO CREATE AND SHARE RESOURCES TO HELP. JUST LET US KNOW WHAT YOU NEED.

IF YOUR CHILD IS IN THE HUDSON SCHOOL DISTRICT, HERE IS A SIMPLE VISUAL FOR FEBRUARY TO FOLLOW SCHOOL VS NON-SCHOOL DAYS:

[FEBRUARY 2026 SCHOOL VISUAL](#)

Spectrum Strong Resource Spotlight:

Podcast: Nourishing Autism
Brittyn Coleman, MS, RDN/LD

Episodes:

Picky Eating & Autism
Food Aversions & Selective Eating



FOOD/EATING ISSUES IN NEURODIVERSE CHILDREN

On Thursday, January 29, we had the opportunity to learn from Kathy Barrett from St. Croix Therapy around the topic of sensory-based eating and autism. Here are five takeaways from her presentation:

1. After 6 months of age - eating is actually a learned behavior as opposed to a primitive motor reflex or appetite instinct
2. Every meal should be thought of as a class where you are the professor, your child is the student and the subject is food
3. All five sensory systems are involved in eating and before food is eaten, all five should be activated.
4. Modeling eating behaviors such as talking about food, having your child imitate motor movements with food and making food fun are great ways to teach students what mealtimes are all about.
5. Structuring meal and snack times are important strategies to create a safe, non-overwhelming environment that your child can learn about food and the process of eating.

We are so thankful that Kathy was able to share her knowledge with us and gave us some great strategies that can be implemented right away.