DCT

The Very Hungry Caterpillar Show

parent tipsheet

2025-26 Sensory-Friendly Programming



Dallas Children's Theater welcomes all kids and families to our performances, but we know that some families hesitate to bring their children to live theater without knowing how they might react. Our sensory-friendly performances are designed to be a safe and accepting environment for children with sensory sensitivities.

Here are some points about this performance:

- There is a Social Story on our website that may help you prepare your child for what to expect when you come to DCT to see *The Very Hungry Caterpillar Show.*
- We will have some activities in the lobby an hour before the show. Families are encouraged to come early and participate.
- At the Box Office, we will have a sign-up list for "Birthdays". If your child has a birthday in January or February, you can put their name on the list. At the end of the show, some of the actors will read the names on the list, inviting those children to come stand in front of the stage. Then we will sing happy birthday to them.
- The seating for the show will be general seating.
- There will be helpers stationed in the theater and lobby. They will be wearing white shirts and a badge with the DCT logo.
- Children too large for the baby-changing station can be changed on a full-size, cushioned mat located in our production wing restroom. Please ask any helper in a white shirt to direct you to that restroom.
- During the performance, if your child needs to take a break from the show, you can come to the lobby where you can view a live video feed of the show on a monitor, or you can go to a Quiet Room.
- The house lights will be partially on during the show so the theater will not be totally dark. Stage lights and sound levels will be adjusted. Ear plugs will be available, too (ask at the Box Office). Children are free to speak and move while in their seats in reaction to the story being told onstage.
- The show is approximately one hour long and there will be no intermission.
- Our DCT Store will be open for you to purchase items before and after the show.
- When the show ends, the actors will be in the lobby. Children can get autographs from the actors if they want to.
- To help us improve our sensory-friendly performances, we'd like to encourage all parents to complete the brief survey which will be emailed to you after the show and to give us any feedback about your experience at DCT.
- We want you to have a good time at DCT and enjoy all of the pre-show activities and your time in your seats before the show. We would kindly ask you to remember that this performance welcomes people at all sensory levels and as such we ask you to be thoughtful of your neighbor when it comes to cell phone lights and loud sounds. Our goal is to create a wonderful experience for all. We thank you for helping us do just that.

DALLAS CHILDREN'S THEATER

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