



Halloween Safety Tips As Halloween is right around the corner, it is important to keep in mind a few safety precautions for trick-or-treating. Check out these tips how on to keep your child safe this holiday:

PARENTING

1. Plan your trick-or-treating route before you leave and show the kids where you'll be going. Double-check any costumes with masks to make sure kids can see clearly. Use reflective tape on dark costumes and carry a flashlight or glow stick for visibility.
2. When trick-or-treating, only visit houses with their porch lights on. Homes without lights on will not have candy to give away. Make sure all kids understand that under NO circumstances should they enter a home. It is a good idea for your child to have an identification card (a school ID, etc.), to bring along for the night.
3. Make sure an adult is with your child at all times. Remind your kids to stay out of the street and always try to walk on the sidewalk when possible.
4. Be on the lookout for cars when crossing the street - sometimes, it is hard for drivers to see you.
5. Check ALL candy and treats before eating. It might be a good idea to bring some candy from home, so the kids can snack before you inspect their candy at home.



To read more helpful tips for staying safe this Halloween, please visit www.safekids.org.

Ask Your Child: What do you want to be for Halloween this year?



Inspecting Halloween Candy After a night full of spooky spiders, haunting ghosts, jack-o-lanterns and best of all - candy, it is important to inspect Halloween treats and take precautions prior to consumption. We recommend following these safety measures:

HEALTHY KIDS

1. Do not eat any candy until you sort and inspect it at home.
2. Closely examine all candy for signs of tampering, including an unusual appearance or discoloration, tiny pinholes or tears in wrappers and spoiled or unwrapped items.
3. Discard any homemade goods, unless you know the person who made them.
4. Do not eat or accept anything that is not commercially wrapped.
5. Remove choking hazards for young children, including gum, peanuts, hard candies, and small toys.
6. When in doubt, throw it out!

Do you have questions about tainted candy? Call Poison Control: 800-222-1222

Ask Your Child: What is your favorite Halloween candy?



To find more information visit:
www.myunentitledlife.com



Paper Plate Sunflower

Materials

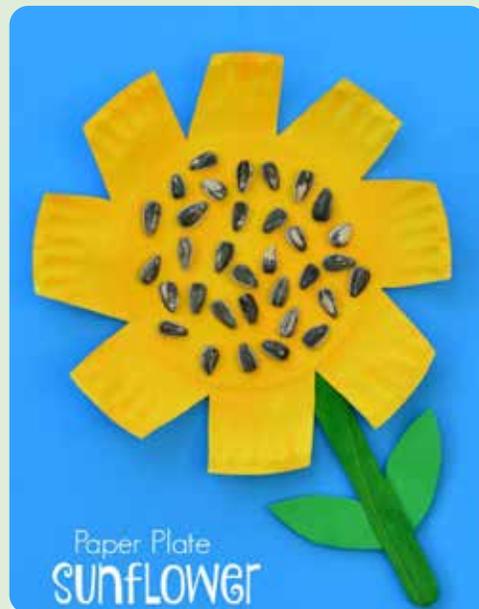
- Paper plate
- Green paint
- Craft stick
- Sunflower seeds
- Green foam paper
- Scissors
- Yellow paint
- Glue

Directions:

1. Make a small cut on the perimeter of the paper plate. Go back through and make another cut so that they connect, and you cut out a small triangular piece. Continue this step until you have cut out all the petals you want your sunflower to have.
2. Paint the craft stick green and the paper plate yellow and allow to dry. Once both have dried, glue the craft stick to the back of the flower so it acts as the stem. Use the green foam paper to cut out leaves. Glue the leaves to the stem.
3. Glue sunflower seeds to the middle of the paper plate and you're done!
4. Going beyond the craft:
 - Work on math skills by counting the petals or seeds with your child.
 - Discuss the parts of a sunflower: stem, leaves, petals, and seeds.

Ask Your Child: How many petals does your sunflower have?

FUN CRAFT



Find more fun crafts visit:
www.theresourcefulmama.com

Apple Rings

Ingredients

- Large, round apples
- A variety of toppings (here are some ideas):
 - 1-2 kinds of nut or seed butter (peanut, almond, soy butter, or Nutella all work well)
 - Raisins or Craisins
 - Cream cheese
 - Mini marshmallows
 - Peanuts
 - Shredded coconut
 - Sunflower seeds
 - Crumbled pretzels
 - Chocolate chips
 - Crumbled Oreos

Directions

1. Core an apple. Then, thinly slice the apple into rings.
2. Serve the toppings in small bowls and let kids decorate their own rings.
3. Have them start by spreading each ring with a nut butter or cream cheese to help the rest of the toppings stick.
4. Enjoy!

Ask Your Child: Where do apples grow?

EASY RECIPE



Find more easy recipes at
www.happyhealthykids.com