

Halloween Safety Tips

- Always make sure that your children go in groups, led by an adult. Even older children need to go in groups, even if they are old enough to go without an adult.
- Stick to neighborhoods you know.
- Wear reflective clothing, or carry a flashlight. Glow sticks are an inexpensive way to be seen. You can put reflective tape on your child's clothing.
- Follow road safety rules.
- Check all of the candy.

Suggestions on checking Halloween candy

- Have your child dump out all of the candy on a table, in a well-lit area.
- Discard any unwrapped or opened candy.
- Inspect the remainder of the candy for any openings or any that looks like it has been damaged or tampered with.

October-November 2009



Referral Department

Fall Activity Ideas

- Visit an apple orchard
- Dia de los muertos at the Indiana State Museum
- Indianapolis Children's Museum haunted house, for more information please visit www.childrensmuseum.org
- Trunk-Or-Treating, various locations
- Enjoy hayrides at various pumpkin patches
- ZooBoo from October 16-25 for more information please visit www.indianapoliszoo.com



Tips on including your children at Thanksgiving

Kids in the kitchen

Pumpkin Crunch Parfait

Ingredients

1 1/2 C crushed gingersnaps
 1 C canned pumpkin, 1/2 teaspoon pumpkin pie spice
 1 (3.4 oz) pkg. instant vanilla pudding mix
 3/4 C Cold Milk
 Whipping topping (for garnish)

Instructions

In a large mixing bowl, beat milk and pudding mix on low for 2 minutes. Fold in the whip topping, and pumpkin and spice mix, pecans

Spoon half of the mixture into a parfait glass; top with half of the gingersnap crumbs. Repeat layers top with additional with topping.

- **Quality Time**-Spend quality time with your kids by sharing a morning, afternoon, or evening in the kitchen. Don't worry if your recipes don't come out of the oven looking and smelling perfect. The best part of the experience should be the time you spend together, commemorating the holiday and creating more Thanksgiving memories.
- **New Skills**-Did you know your kids can learn a lot from cooking? That's right. Reading recipes, measuring ingredients, and even working the stove are all skills that will stick with your kids forever! Your kitchen becomes a classroom, and you become the teacher. Don't forget to praise successes and smooth over mistakes. Your kids will gain confidence as they become more adept handling that mixer. Who knows? You may have an aspiring chef on your hands.