

Pre-School Pages



A newsletter for parents of pre-schoolers
packed with food, facts & fun
from your local county extension office

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Dollars and Sense

Taking the Scare out of Halloween



- Shop local consignment or thrift stores for costumes. Call and ask if they have a special costume sale. Also consider selling some of your children's costumes from previous years. Often consignment stores will offer buying discounts to their sellers.

- Be creative: Search your closets, as well as Grandma's, for items that you can turn into a costume.

- Do an internet search for easy DIY (do-it-yourself) Halloween costumes.

- You certainly do not want to be a Halloween scrooge and not pass out candy, so search local ads for Halloween candy specials. Try not to buy too much. This adds extra cost, and you will also be tempted to eat the leftovers.

- If you can, buy small amounts of candy at a time, which spreads the expense over several weeks. However, you may want to hide the candy at home to make certain that it lasts until Trick-or-Treat. If you wish to use candy alternatives, pencils, erasers, raisins, pretzels, dried fruit, and cereal bars are healthier options.

Source: *Money Wise: Family Financial Management*

Let's Eat

Banana Ghosts



Here's a Halloween trick your child will have no trouble pulling off—turning a banana into a spooky treat.

Remove any stringy fibers from the peeled banana, then cut it in half widthwise. Push a Popsicle stick into each half through the cut end, then cover each pop with plastic wrap and freeze until firm (about 3 hours).

Next, place a 1.5-ounce piece of white chocolate candy in a microwave-safe bowl and cook on high until melted (it generally takes about 1 minute). With a butter knife, spread the melted white chocolate on the frozen banana halves.

Set the pops on a waxed-paper-covered dish. Press on candies or currants for eyes and mouths and return the pops to the freezer until ready to serve. Makes 2.

Kids Care

As children grow and develop, they experience many successes and failures. Parents can play a very important role in helping children deal with

success and failure. Here are a few guidelines to follow.

- Love your child unconditionally. Make sure that your child knows that you love him or her regardless of how he or she does. Do not ever tie your love for your child to success or failure in accomplishing a task.
- Develop an understanding of what your child is developmentally capable of achieving. Learn more about child development and what children at different ages are able to accomplish.
- Have realistic expectations concerning your child's performance.
- Provide guidance for your child. Children need to know that success and failures are a part of life. Knowing how to get back up and try again after a failure is an important lesson.
- Celebrate and discuss successes.
- Be a role model for your child. Let your child observe you experiencing successes and failures. Through these observations your child will learn how you handle the emotions that accompany success and failure.
- Provide an environment at home that has some structure and order.
- Help your child learn to deal with his or her emotions. Children may experience joy, pride, guilt, shame, sadness, or a host of other emotions. Children need to talk about their feelings and emotions.

Source: www.hec.ohio-state.edu/famlife/

Celebrate

Halloween safety: Tips for trick-or-treaters

It's the time of year for costumes, sweets, and tricks and treats. Put Halloween safety first with these common-sense tips.

Carve safely: Are your children begging to carve pumpkins? Make Halloween safety a family affair.

- **Decorate with markers or paint.** Let young children draw faces on pumpkins with

washable markers or child-friendly paint.

Leave any carving to an adult.

- **Use candles with care.** Place candlelit pumpkins on a sturdy surface away from curtains and other flammable objects. Never leave candlelit pumpkins unattended.

Trick-or-treat with Care:

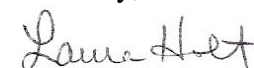
- **Get in on the fun.** Accompany trick-or-treaters younger than age 12. Make sure someone in the group carries a flashlight with fresh batteries.
- **Stay close to home.** Don't allow your child to go door to door in an unfamiliar neighborhood.
- **Set ground rules.** If your child will be trick-or-treating without you, establish a route and set a curfew.
- **Inspect the treats carefully.** Don't let your child snack while he or she is trick-or-treating. Feed your child a healthy snack before heading out, and inspect the treats before allowing your child to dive in.
- **Ration the loot.** If your child collects gobs of goodies, dole out a few pieces at a time and save the rest. You may even ask your child if he or she would like to swap some of the candy for something else, such as a special toy, book or outing. You might also suggest donating excess candy to a food shelf or other charity.

Stay Safe and Sweet on the Home Front: If you'll be handing out treats, make sure you're ready for trick-or-treaters.

- **Clean up.** Put away anything trick-or-treaters could trip over.
- **Turn the lights on.**
- **Consider sugar substitutes.** Instead of handing out sugar-laden treats, try stickers, glittery pencils, or colored chalk.

Source: mayoclinic.com/health/Halloween-safety

Sincerely,



County Extension Agent
for Family and Consumer Sciences

