

Pre-School Pages



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

Cooperative Extension Service

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TRICK OR TREAT WITH CARE

Before your children start trick-or-treating, review these basic Halloween safety rules:

- **Get in on the fun.** Accompany trick-or-treaters at all times. Pin a piece of paper with your child's name, address and phone number inside your child's pocket in case you get separated. Make sure someone in the group has a flashlight with fresh batteries.
- **Set ground rules.** If your child will be trick-or-treating without you, plan and discuss a familiar route and set a curfew. Review safety rules, including staying with the group, walking only on the sidewalk, approaching only clearly lit homes, and never going inside a home or car for a treat.
- **Inspect treats before indulging.** Don't let your child snack while he or she is trick-or-treating. Feed your child an early meal before heading out, and inspect the treats before allowing your child to dive in. Discard anything that's not sealed, has torn packaging or looks questionable. If your child has food allergies, check candy labels carefully. Even hard candies may be manufactured in facilities that process nuts, milk, soy, wheat, egg or other allergens.
- **Ration the loot.** If your child collects gobs of goodies, dole out a few pieces at a time and save the rest. You might even ask your child if he or she would like to swap some — or all — of the candy for something else, such as a special toy, book or outing.

Source: 2016 Mayo Foundation for Medical Education and Research



GET CLEVER WITH COSTUMES

From furry animals to princesses and superheroes, choosing costumes wisely is an important part of Halloween safety. Follow these tips:

- **The brighter the better.** Whether you buy a costume or make one yourself, choose bright colors and flame-retardant materials. If your child will be trick-or-treating outdoors after dark, attach reflective tape to his or her costume or treat bag.
- **Size it right.** In case it's chilly outdoors, make sure your child's costume is loose enough for warm clothing to be worn underneath — but not long enough to cause tripping. Avoid oversized shoes and high heels.
- **Skip the masks.** A mask can obstruct your child's vision, especially if it slips out of place. Use kid-friendly, nontoxic makeup instead.
- **Limit accessories.** Pointed props — such as wands, swords and knives might pose safety hazards. Carry flashlights or wear glowing wristbands instead.





Let's Eat

WITCHES BROOMSTICKS

Ingredients:

Reduced-fat mozzarella or Colby cheese sticks
Pretzel sticks
Chives

Directions:

To make the broom, slice the mozzarella stick across in thirds. Use a knife or scissors to cut a fringe pattern on the lower half of the cheese. Insert a pretzel stick into the cheese, making the broomstick, and tie a chive around the top.

Let's Play

PUMPKIN TIC-TAC-TOE

Use painters or washi tape to make 3x3 tic-tac-toe grid on your table or bar top. You will need 10 small pumpkins, half orange and half white to play.



PUMPKIN BROOM RACE

This is a simple race but since pumpkins are not smooth balls and refuse to roll in straight lines, you'll need plenty of room! You need medium pumpkins and brooms. Use one pumpkin and stick/broom for each team. The racers line up on the starting line with the pumpkins turned on their sides. On the signal, the racers use the stick to roll the pumpkins to the finish line. Younger players may want to use their hands instead of the stick. If you want to play this as teams, make it a relay race. When playing inside use smaller pumpkins.



Did You Know...

FALL FACTS FOR KIDS

The world's largest pumpkin weighed 1,872 lbs.

The first jack-o-lanterns were made from turnips.

The #1 candy of choice bought in October is the Snickers bar.

Halloween (October 31st) is also National Candy Corn Day.

Source: 2016 Daily News

Sincerely,

Cecelia Hostilo
County Extension Agent
for Family & Consumer Science