

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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Life Savers



Keeping Your Ghouls and Goblins Safe on Halloween

Halloween is such an exciting time with all of the fun costumes and sugary treats, it is easy to forget that there are some potential dangers. So here are some tips to make sure

the evening is full of treats rather than tricks.

Costume Safety

- Make sure your child's costume can be seen by passing cars. Choosing a bright and reflective costume is highly suggested, however if your costume is on the darker side, adding strips of reflective tape can be just the trick.
- Avoid costumes that drag the ground or can become easily tangled around your feet that could cause your child to trip and fall.
- Avoid masks that restrict vision or interfere with breathing.

- Dress for the weather, which may mean adding layers to a costume if the temperature drops.

Preparing for Visitors

- Make sure your outdoor lighting is in good working order. Replace bulbs if necessary.
- Remove any hazards in your yard that may cause a trick-or-treater to fall such as lawn equipment, toys, bikes, or gardening equipment.
- Restrain pets or remove them from the entry way. Even friendly pets can become nervous or frightened by visiting goblins.

Trick-or-Treating

- Children should never trick-or-treat alone. Children under 12 years of age should be accompanied by an adult, and older children should travel in groups.
- Preplan the route your children will take so everyone is clear about which homes you have selected to visit.
- Stay on paths and sidewalks. If there are no sidewalks, walk on the left side of the road, facing traffic, so motorists are more likely to see you.



- Ensure each child has a flashlight to help them avoid trips and falls in the dark.
- Avoid unfamiliar animals, especially dogs.
- Avoid houses that are not well-lit. Only accept treats at the door; never enter a stranger's home.

Source: David A. Weisenhorn, Ph.D., Senior Extension Specialist for Parenting and Child Development Education, University of Kentucky; College of Agriculture, Food and Environment

Let's Eat!

Healthy Halloween Treats



Halloween is special time for children. Between Halloween parties and trick or treating, your child will end up

with plenty of sugar sweets and candies. But you can make some easy, healthy and delicious treats that your pre-schooler will love to eat. Here are a few fruity treats to try:

Monster Mouths

What you'll Need

- Apple Slices, Peanut Butter
- Egg-shaped candies or mini-marshmallows

Directions

Spread peanut butter on two apple slices; Arrange candy or mini marshmallows like teeth on one of the apple slices; Place the 2nd apple slice on top (like a lid).

Banana Ghost

What you'll Need

- Bananas, Chocolate chips

Directions

Peel and cut banana in half; Place 3 chocolate chips near the pointed side of the banana to make 2



eyes and a mouth. Mini chips can be used for the eyes.

Halo Pumpkins

What you'll Need

- Halo oranges
- Celery sticks

Directions

Peel Halo oranges; Cut Celery sticks to make stems for the

pumpkins; Insert celery sticks in the tops of the halos.

Let's Create!

CREATE EASY PAPER PLATE HALLOWEEN CRAFTS



You and your child can make cute, fun and inexpensive Halloween crafts and decorations

out of some items you probably have around the house. **What you'll Need:** Paper plates or bowls; Tissue paper or construction paper (green for Frankenstein, orange for a Jack-o-lantern); Black Construction paper for facial features; Glue; Scissors **TO MAKE:** Tear colored paper in strips; Glue on paper plate; Cut the black construction paper into shapes to make, eyes, noses, month, hair; Try orange paper to make a pumpkin and triangles for eyes and noses for the jack o lantern; Use your imagination and HAVE FUN!!!

Sincerely,

Brooke Hogancamp

County Extension Agent for
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