



# HAPPY

## homeroom

*A Newsletter for the Home Instruction for Parents of Preschool Youngsters*  
*Parent Edition*

October 2018 Volume 1, Issue 36

### October Themed Books



- 🎃 *Room on the Broom*  
by Julia Donaldson
- 🎃 *Ten Timid Ghosts*  
by Jennifer O'Connell
- 🎃 *The Night Before Halloween*  
by Natasha Wing
- 🎃 *Big Pumpkin*  
by Erica Silverman
- 🎃 *The Runaway Pumpkin*  
by Kevin Lewis
- 🎃 *Seed, Sprout, Pumpkin, Pie* by Jill Esbaum
- 🎃 *Too Many Pumpkins*  
by Linda White
- 🎃 *The Spooky Wheels on the Bus*  
by J. Eliabeth Mills
- 🎃 *Where's My Mummy*  
by Carolyn Crimi
- 🎃 *Mouse's First Halloween*  
by Lauren Thompson
- 🎃 *Clifford's Halloween or Clifford's First Halloween*  
by Norman Bridwell
- 🎃 *There Was an Old Lady Who Swallowed Some Leaves*  
by Lucille Colandro
- 🎃 *Corduroy's Halloween or Corduroy's Best Halloween Ever!*  
by Don Freeman



## Halloween Safety

### Before Halloween:

- 👤 Make sure costumes are short enough to prevent tripping or tangling.
- 👤 Make sure costumes are bright and reflective. Add reflective tape if necessary.
- 👤 Make sure all costume pieces and accessories are clearly labeled flame retardant.
- 👤 Make sure to have flashlights with fresh batteries for all children and escorts.

### Before Trick or Treating:

- 🕸 Feed your trick-or-treaters a good meal so they are less likely to fill up on Halloween treats.
- 🕸 Remove any tripping hazards from your porch or walkway; make sure all jack-o-lanterns use battery powered lights instead of candles.
- 🕸 Review Halloween safety rules with your children; remind them to not run ahead, let you know which house they are going to, stay on the side of the street, etc.

### When Trick or Treating:

- 🎃 A parent or responsible adult should always go with young children when trick-or-treating.
- 🎃 Remind children to use their flashlight so they can be seen by others.
- 🎃 Only go to homes with a porch light on.
- 🎃 Remain on well-lit streets and use the sidewalk or farthest edge of the roadway facing traffic.
- 🎃 Never enter a stranger's home or car for a treat.
- 🎃 Always walk, don't run across a street.
- 🎃 Never eat unwrapped food items or open drinks that may be offered.

### After Trick or Treating:

- 🎃 Have an adult check all treats before letting children eat them.
- 🎃 Make sure children are given candy that is age appropriate and not a choking hazard.
- 🎃 Limit the number of treats children eat to a few each day.

(Source: [Perpetua/preschool.com](http://Perpetua/preschool.com))

### Smart Parenting Tip of the Month: Halloween Fairy

After your children have trick-or-treated and received tons of candy, tell them that the Halloween Fairy is going to come and take any candy that they do not want and give it to those boys and girls who did not get to go trick or treating. Then, in thanks for their generosity, the Halloween Fairy will leave your child a special prize (book, small toy, etc.) Have your children leave their candy next to their bed or in a special place before going to sleep.

This teaches children kindness for others as well as keeps them from eating too much candy.





## Importance of Routines

*From birth, all children need routines. From the moment they are born, their world is constantly changing and routines provide structure and make them feel secure. When children know what to expect, they are better able to handle the events of daily life and are freer to do their job of exploring, playing, and learning.*

### Benefits of Routines:

1. **Routines help babies and young children build self-control.** When events happen at about the same time each day, such as snack, nap, playtime, etc., it provides comfort and stability. It helps children learn to trust that adults will provide what they need.
2. **Routines can help reduce power struggles.** Since your child can predict what will happen next and knows the expectations, you are less likely to encounter "no's" and misbehaviors. (I.e. They know snack comes after playtime, so less arguing about snack is likely to occur.)
3. **Routines help children cope with transitions.** Moving from one activity to the other or one location to another can be difficult for children. Bedtime is an

especially difficult time and thus bedtime routines are very important for most children. When children go to bed at the same time each day, do the same series of activities (pajamas, books, bathroom, etc.), it can make the transition easier and lead to better rest.

Setting up a special routine, such as giving a five minute warning or putting school items in the same location each day, provides children with a sense of structure that makes life calmer and safer.

4. **Routines help promote positive behavior and safety.** Getting into the habit of holding hands in a parking lot or when crossing the street or washing hands before eating, are examples of simple routines that keep kids safe and encourage positive, responsible behavior.
5. **Routines build self-confidence.** When children feel secure in their own environment, they are then able to try new activities by themselves with the knowledge that they can trust those around them to be there for support.
6. **Routines help parents connect with their children.** When parents are busy begging, yelling, hurrying their kids to do the

same tasks everyday they miss out on important opportunities to enjoy being with their children. Routines free parents from constant arguing about everyday tasks.

Also routines can include connecting activities, such as starting each day with a hug, singing a special song together at bedtime, or eating dinner together each night.

7. **Routines make life easier for parents.** When children know the routines, there is less misbehavior, parents feel more confident in their parenting skills, and more time can be spent enjoying their children and less time spent on negotiating and arguing over the big and small stuff.

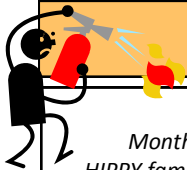
*Simple routines can and should start when children are babies, such as a bedtime routine, but it is never too late to start implementing routines into your child's life.*

*Everyone will reap the benefits!*

*(Sources: Zero to Three, [ahaparenting.com](http://ahaparenting.com), [RaisingChildren.net](http://RaisingChildren.net))*



## Fire Safety Month



*October is Fire Safety Month. In order to help keep all of our HIPPY families safe, you will find a number of helpful tips for preventing fires listed below.*

### Cooking Tips:

1. Never leave the kitchen if you are cooking food on the stove. If you leave, even for a short time, turn the stove off.
2. Use a timer to remind you that you have food in the oven; check the food regularly.
3. Kids should always stay at least 3 feet from the stove and areas where there are hot food and drinks.
4. Move all items that can catch fire such as towels, aprons, cooking utensils, etc. away from the stovetop.
5. **Do not pour water on a grease fire!** Smother the flames with a metal lid instead.
6. For oven fires, turn off the heat and keep the door closed.

**\*\* Cooking is the leading cause of home fires and home fire injuries.**

### Candle Tips:

1. Never leave a child alone in a room with a burning candle, matches, or lighters.
2. Blow out all candles when you leave the room or go to bed.
3. Keep candles at least 12 inches from anything that can burn (curtains, towels, clothing, sheets, etc.)
4. Never use candles if oxygen tanks are used in the home.
5. Make sure candle holders are sturdy and on flat surfaces that are free from clutter, so they do not tip.

**\*\* More than 1/3 of home fires start with candles in the bedroom.**

### Smoking Tips:

1. If you smoke, smoke outside. Most deaths result from fires in living, family, or bedrooms.
2. Make sure all cigarette butts are out before throwing away.

### Heating Equipment Tips:

1. Keep anything that can burn, and kids, at least 3 feet from heating equipment

such as the furnace, fireplace, wood stove, or space heater.

2. Never use your oven to heat your home.
3. Turn off portable heaters when leaving the room or going to bed.
4. Make sure the fireplace has a screen to stop sparks.

### Important Reminders:

1. Create a fire escape plan with your family. Make sure everyone knows which exit to use in case of a fire and where to meet up away from the home if a fire occurs. **Practice your plan.**
2. Check your smoke detectors yearly and replace any batteries.
3. Make sure all rooms have smoke detectors.

**\*\* Almost 2/3 of home fire deaths were the result of fires in homes with no working smoke alarms.**

