



Wings

A Weekly Newsletter for Families

October: Week 3
Family Fun

“All you need is love.
But a little chocolate now
and then doesn’t hurt.” –
Peanuts creator
Charles M. Schulz

Halloween Costumes Can Be Scary AND Safe!

Having a great Halloween costume can create lifelong memories and stories to share. Here are some tips to keep them safe as well as fun:

- Plan costumes that are bright and reflect light. Consider adding reflective tape or striping to costumes, shoes and trick-or-treat bags.
- Make sure shoes fit well and that costumes are short enough to prevent tripping, getting tangled or coming in contact with flame.
- Because masks can limit or block eyesight, consider non-toxic makeup and decorative hats as safer alternatives. Hats should fit properly.
- Look for costumes, wigs and accessories and buy those with a label clearly stating they are flame resistant.
- Add your child’s emergency contact information (name, number and address) somewhere on your child’s costumer or on a bracelet if you’re not trick-or-treating together.



•• INFANT Inspiration

Entertaining Your Baby

- Even young babies like to be entertained. Talking, singing and reading to your baby to stimulates their mind and keeps them from getting fussy. So don't leave your baby in a playpen or swing too long. Here are some simple things to keep your baby occupied and learning. Many of these activities are something older children can do, and they'll feel like they're helping care for their baby sister or brother.
- Carry your baby around with you. Tell them about what they're seeing, using an animated voice to grab their attention.
 - Play show and tell. Move your hands and arms, shake a rattle and wiggle your toes to encourage baby to mimic your movements.
 - When your baby starts crawling, get on the floor and crawl with them.
 - Give the baby age-appropriate soft toys to grab, pick up, sort and drop. Blocks, plastic containers and stacking cups are baby favorites.
 - Put your baby on their tummy to practice using their arms and holding up their chest. This is the first step toward crawling.
 - Make funny faces. Stick out your tongue, try on hats and make wide eyes to get your baby's attention.

•• TODDLER Tales

Fun Stuff to Do with Your Toddler

- At the end of a long day, most of us don't feel like doing much. But even half an hour doing something together will make a difference in your child's life. For example:
- Take a family walk or go to the park. It's a great way to get some exercise, enjoy good conversation along the way and tire out your toddler right before bedtime.
 - Bake something. Slice and bake cookies are easy, but it's also fun to use a cake mix and allow your kids to get a bit messy.
 - Watch a movie together in your pajamas
 - Do simple crafts
 - Go on a scavenger hunt. Hide things in your house or yard where they're easy for a toddler to find them.
 - Play sing-a-long
 - Play board games. Some of the best ones for younger children (according to Parents magazine) are Sophie's Seashell Scramble, Silly Street and Scooby-Doo! Fright at the Fun Park.

•• PRESCHOOL Power

How Much Activity Does Your Preschooler Need?

The National Association of Sports and Physical Education (NASPE) says that every day, preschoolers should:

- Get at least 60 minutes of structured, adult-led physical activity
 - Get at least 60 minutes of unstructured physical activity like free play
 - Not be inactive for more than 1 hour at a time unless they're sleeping
- Many preschoolers aren't ready for organized team sports. They don't yet have basic sports skills like throwing, catching and taking turns, and even simple rules can be hard for them to follow.

You can get your preschooler ready for sports by helping them learn how to balance on one foot, catch and kick a ball, swim, dance and ride a tricycle or bicycle with training wheels. Play games like "Duck, Duck, Goose," "Follow the Leader," freeze dance or freeze tag. Kids who are physically active are more likely to be fit, which can improve self-esteem, help maintain a healthy weight and lower the risk of serious illnesses.

