

WDS, Inc.  
Child Care Resource & Referral

# Lil' ONEders

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## Safety and Fun for All in Fall

### Learning from the Changing Seasons

Fall is a great time to get out and get going with your toddler and preschoolers. Young children love the changing leaves and mild air. Now is a great time to explore, learn, and grow before Winter cold comes.

During autumn, we see the leaves on the trees start to turn many different colors. You may have heard someone say it is Jack Frost who causes the trees to change color. They say that when he brings the frost, it creates the beautiful patterns and colors of the leaves.

This season is a great opportunity for children to learn about why seasons change and have fun doing so! For instance, trees make their own food during the summer. They take water from the ground, carbon dioxide from the air, and sunlight and turn it into something called chlorophyll. It gives leaves their green color.

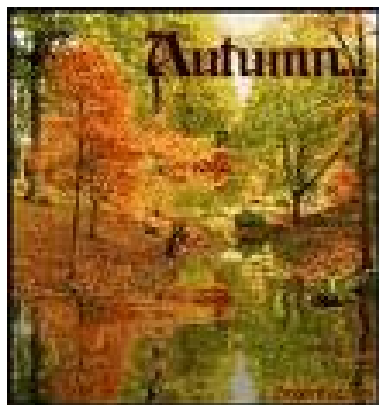
Here are some fun ways for parents to explore with their children the effects of the weather changes:

• Ask the children to pick leaves, acorns, and sticks in the back yard. Go out ahead of time and hide goodies amongst the grass and leaves

• Encourage the children to describe the items they found by describing the color, shape, size, and feel of the object

• Paint faces on pumpkins or carve them using safety carving knives and allow the children to dig out the insides with their hands for a sensory lesson

• Give thanks by giving and organize a canned food or clothes drive in your neighborhood for a local shelter or charity

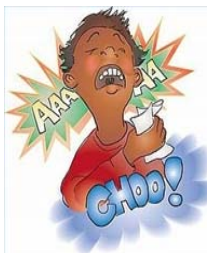


### Staying Healthy this Flu Season

Young children catch about eight colds a year. Combined, they lose nearly 22 million school days due to the common cold along.

Here are easy tips to help you and your child's caregiver stop the spread of cold and flu germs:

- ✓ Wash your hands frequently throughout the day using warm, soapy water lathering for at least 20 seconds
- ✓ Wipe down common surfaces like tables, door knobs, and toys with disinfectant



- ✓ Make sure children cover their mouths by bringing their arm across their chest when sneezing or coughing. This is more sanitary than covering with your hands
- ✓ Give your children a multi-vitamin with doses of Vitamin C to boost their immune system

### Trick-or-Treating Safety Tips

Trick-or-Treating is one of the great adventures of Halloween for children! Lots of towns have a Harvest Festival or a curfew so young ones can Trick-or-Treat safely. Here are some helpful tips to keep your child safe every Halloween.

- 🍊 Children should go out during daylight hours unless accompanied by a responsible adult
- 🍊 Plan a safe route so parents know where their older kids will be at all times and set a time for their return home
- 🍊 Stop only at familiar houses in your own neighborhood unless they are accompanied by an adult
- 🍊 Instruct your children not to eat any treats until they bring them home to be examined by an adult



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## Fun & Safe Fall Crafts for Kids

### Autumn Wreath

**Supplies:** Paper plate, Construction paper in autumn colors (orange, red, yellow, brown, and other earth tones) or Halloween colors (orange and black), Scissors, Glue or a glue stick, Hole punch, and Ribbon (autumn colors or black)

**Directions:** Cut the center out of a plain paper plate • Punch two holes through the top of the plate about 2 inches apart • Cut out a lot of leaves from construction paper • Glue the leaves all around the rim of the paper plate • Run the ribbon through both holes and tie a bow at the top of the leaves • Hang the wreath from the long loop of the ribbon

**Possible Variations:** Trace your child's handprint and cut it out in various colors of construction paper instead of drawing leaves • For a Halloween wreath, add a black cat or some bats • For Thanksgiving, add some fruit or vegetable shapes to the leaves (apples, pears, corn, pumpkins)

• Find real leaves outside and glue them to the paper plate



Need help paying for child care?  
Contact your local Voucher  
Program



**Lake County**

219-757-1957

**Porter County**

219-531-2595

**LaPorte County**

219-879-6950

**Note:** this is an income based program.  
Call your local voucher agency for  
more details on eligibility guidelines.