



Helping Hands for Families - Fall 2019

Toddler Fall Bucket List

- ✿ Pick out the very best pumpkin
- ✿ Tour an apple tree orchard
- ✿ Try a corn maze or sunflower maze
- ✿ Decorate or carve pumpkins
- ✿ Jump in a pile of leaves
- ✿ Collect acorns
- ✿ Go on a hayride
- ✿ Color leaves under a single white sheet of paper
- ✿ Pick apples
- ✿ Look for painted rocks; paint rocks for others to find
- ✿ Camp in the backyard
- ✿ Roll corn in paint and then onto a paper
- ✿ Enjoy Warm Cocoa while reading a book together
- ✿ Dance under the fall trees
- ✿ Make a simple obstacle course in your yard
- ✿ See how many colors you can identify in leaves
- ✿ Make apple smiles with apples cut into quarters
- ✿ Count the seeds in a fall/winter squash
- ✿ Roast pumpkin seeds together



Marquette County
Family Connections
Coalition

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Marquette County Health
Department
608-297-3135

Marquette Early Learning
Center & Head Start
608-296-2141 x 2217

Marquette County
UW-Extension
608-297-3141

Family Health WIC
1-920-787-5514

Marquette County
Human Services
608-297-3124

Childcaring, Inc.
1-800-628-8534

Marquette County
Economic Support
608-297-3124

WorkSmart Employment
& Training Services
608-355-4808

Westfield School District
Family/School Liaison
& Guidance Program
608-296-2141

Montello School District
608-297-7617

Halloween Tips from the AAP
Use these tips from the American Academy of Pediatrics to keep Halloween safe and fun.

- Make sure your child can see! Masks and costumes shouldn't block vision.
- Use the buddy system. Children should trick or treat in groups, not alone.
- Remind children to wait until home to eat candy.
- See and be seen. Reflective tape, flashlights or glo sticks make children visible to drivers.

2018 American Academy of Pediatrics



"The Giving Tree"

Marquette County
Family Connections
Coalition links families
to community agencies
for information,

Holiday Gifts for Children

Apply **NOW** for children (newborn to age 12). Deadline: Oct. 21, 2019.
Find applications at any Marquette County Library, the Care & Share Food Bank, Marquette County Dept. of Human Services and Marquette County elementary schools. Questions? Contact Niki Russos-Harris 608-332-7900.

Don't Let the Flu Stop Fall Fun

Flu season is here!! Please schedule your flu vaccines now to protect yourselves, your children, elderly relatives, and the entire community. It's super important.

The Marquette County Health Department runs flu shot clinics throughout the month of October. AND children in school including Head Start and Pre-K through 12th grade can receive **FREE FLU IMMUNIZATIONS** by Marquette County Health Department. For more information, just call our friendly, local office at (608) 297-3135 during normal working hours. Thank you!

-Mary Oakes, Marquette County Health Department

Making Time Change Easier for Children

Daylight Saving Time ends at 2:00 a.m. on Sunday, November 3, 2019. If you expect your child to struggle with this, you can help your child (and yourself) do much better.

Gradually shift bedtime earlier to prepare for daylight saving time to end (to fall back an hour).

Around Tues or Wed before November 3rd, put your child to bed about 10 minutes earlier each night, and wake your child up about 10 minutes earlier each morning.

For example, if bedtime is 8 p.m., then gradually move it earlier: Tues 7:50, Wed 7:40, Thur 7:30, Friday 7:20, Sat 7:10, and Sunday night 7:00 — be sure to wake them up 10 minutes earlier and earlier each day, too!

Sweet Sleep

The American Academy of Pediatrics recommends sleep hours:



- Infants 4 months to 12 months should sleep 12 to 16 hours per 24 hours (including naps) on a regular basis to promote optimal health.
- Children 1 to 2 years of age should sleep 11 to 14 hours per 24 hours (including naps) on a regular basis to promote optimal health.
- Children 3 to 5 years of age should sleep 10 to 13 hours per 24 hours (including naps) on a regular basis to promote optimal health.
- Children 6 to 12 years of age should sleep 9 to 12 hours per 24 hours on a regular basis to promote optimal health.
- Teenagers 13 to 18 years of age should sleep 8 to 10 hours per 24 hours on a regular basis to promote optimal health.

Adequate sleep on a regular basis leads to better attention, behavior, learning, memory, emotional regulation, quality of life, and mental and physical health. Not getting enough sleep is associated with an increase in injuries, hypertension, obesity and depression, especially for teens who may experience increased risk of self-harm or suicidal thoughts.

In addition to these recommendations, the AAP suggests that all screens be turned off 30 minutes before bedtime and that TV, computers and other screens not be allowed in children's bedrooms.

Pumpkin Spice SLIME

Ingredients

- Two 4-ounce glue bottles
- warm water from bottles
- food coloring
- 1 teaspoon Borax
- 1/4 cup warm water
- 1 tablespoon pumpkin spice



Instructions

- Pour glue into a large bowl. Fill the empty glue bottles with warm water and replace cap. Shake the bottles to help remove any excessive glue and pour into bowl.
- Stir in food coloring into glue and water mixture. I used yellow and red food coloring drops until I achieved the desired shade of orange.
- In a small cup stir Borax and 1/4 warm water until dissolved. Combine Borax water with glue mixture. The mixture will begin to thicken immediately but will take a few minutes to fully set. Continue to work the slime, with your hands if needed, until the water is completely incorporated.
- Once slime is firm sprinkle in pumpkin spice and roll the slime to distribute the spice. Store in airtight container.

Source: <https://apumpkinandaprincess.com/pumpkin-spice-slime/>