

OCTOBER 2011

Prevent Child Abuse Illinois' 20 Ways

20 Tips to Stay Safe and Have Fun in the Fall

Fall is a great time of year to be outside and have fun with your children. As the weather gets colder and the days get shorter, it is important to teach children how to stay safe and have fun.

1. Play in the leaves with your child.
2. Visit a local orchard and pick your own apples.
3. Go for a nature walk in the park to collect leaves, pinecones and acorns.
4. Cook hotdogs and marshmallows over a campfire. Teach your child about fire safety.
5. Talk to your child about some of the scary things they might see in neighbor's yards, in stores or on TV during Halloween. Let them know they can always come to you when they are scared.
6. Watch insects and animals around the yard as they prepare for winter.
7. Let your child plan a fall party. Scavenger hunts, bobbing for apples, decorating pumpkins and making popcorn balls are fun fall activities.
8. Work with your child and rake leaves for an elderly neighbor or arrange a neighborhood clean up with several neighborhood families.
9. Take a trip to the library and find books about Autumn.
10. Start a new family tradition. Bake a pie together, make soup, toast pumpkin seeds, visit a zoo, attend a fall festival.
11. Never let your child go trick-or-treating without adult supervision even on your own street.
12. Help your child make their own Halloween costume.
13. Make sure your child's costume can be seen in the dark. Add reflective tape.
14. Create your own haunted house. Be creative and let the kids help.
15. Build a scarecrow out of old clothes stuffed with straw, leaves or pillows.
16. Before trick-or-treating encourage your child to eat a healthy meal or snack.
17. After trick-or-treating check your child's candy to make sure it is safe to eat.
18. Let small children decorate their own pumpkin with paint or markers.
19. Monitor what your child watches on TV. Make sure scary movies are age appropriate.
20. Spend time as a family having fun, enjoying nature and building memories.

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