

20 Ways To Have Fun and Stay Safe In the Fall

Prevent Child Abuse Illinois

Fall is a great time of year to be outside and have fun with your children. It is the perfect time to gather leaves, attend festivals, and learn about the changing seasons. As the weather gets colder and the days get shorter it is important to teach children how to be safe as they have fun. Here are 20 ideas (in recognition of [Prevent Child Abuse Illinois 20th Anniversary](#)) to stay safe and have fun in the fall.

1. Play in the leaves with your child but make sure there is nothing in the pile that could hurt them.
2. Visit a local orchard and pick your own apples.
3. Go for a nature walk in the park to collect colorful leaves, pinecones, and acorns.
4. Cook hotdogs and marshmallows over a campfire. Be sure to teach your child about fire safety and how to safely put out the campfire.
5. Talk to your child about some of the scary things they will see in neighborhood yards, in stores and on TV. Let your child know they can always come to you when they are scared.
6. Watch the insects and animals around your house or apartment 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 to rake leaves for an elderly neighbor or arrange a neighborhood clean up, getting several families to work together.
9. Take a trip to the library and find books about Autumn.
10. Start a new family tradition. Bake a pie together, make a big pot of vegetable soup, toast pumpkin seeds, visit the zoo, attend a fall festival, the options are endless!

If you celebrate Halloween:

11. Never let your child go treat-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 Halloween costume can be seen in the dark. If not, 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, so they have something to eat besides candy.
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. Even talk to your teenage about scary movies. It is a great way to talk about being safe and making good choices.
20. Spend time as a family having fun, enjoying nature, and building memories.



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