

## TIP OF THE MONTH

October means different things to different people. For some it's the start of bow season, for others its football games. But, for just about every kid, it means **CANDY** and dressing up as their favorite superhero, ghoul, or funny character. Let's get a head start for our kids and review some **HALLOWEEN SAFETY TIPS**:



**BE VISIBLE!** Use flashlights, glow sticks, or reflective tape on your child's costume.



Remind your children never to approach someone's vehicle if they are called towards it, not for directions, candy, because "your mom asked me to find you", or any other reason.



Stay with your children when crossing the street.



Don't drive your children door to door. More vehicles on the streets cause more problems for others, and makes for more hazards. As a bonus your kids will burn all those extra calories before getting their candy, and when you do get home, they will be burnt out and ready for bed!



Stay with your children, walk door to door with them. Of course you can stand back and watch, but keep a close eye on them. If your children are older and you let them go out by themselves, give them a curfew. Have them carry a phone so they can easily be reached, or they can call you and check in.



Be courteous to those who provide the treats. Instead of running across their lawn, use the sidewalk. Kids get excited and want to hurry to the next door, but the yard could be littered with sticks that can trip them, walnuts that may cause them to fall and sprain an ankle, or the unwanted leavings of the family pet.



Last but not least, pick through the candy at the end of the night and discard any opened packages. Also, make sure to reward yourself by grabbing a piece or two, you've earned it!

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