

# Early Childhood WELLNESS

A Program of Child Care Aware® of Kansas

## October: Fire Prevention Week & Walk-Tober

### Don't Wait – Check the Date! Replace Smoke Alarms Every 10 Years

Smoke alarms save lives. If there is a fire in your home, smoke spreads fast and you need smoke alarms to give you time to get out. In fact, having a working smoke alarm cuts the chances of dying in a reported fire in half!

Prepare and practice your fire escape plan twice a year with everyone in your household, including children and people with disabilities. It's also a good idea to practice your plan with overnight guests.



Some tips to consider when preparing your escape plan include:

- Draw a map of each level of your home and show all doors and windows. Find two ways to get out of each room. Make sure all doors and windows open easily.
- Only purchase collapsible escape ladders evaluated by a recognized testing laboratory. Use the ladder only in a real emergency.
- Teach children how to escape on their own in case you cannot help them.
- Have a plan for everyone in your home who has a disability.
- Practice your fire escape plan at night and during the daytime.

Source: <http://www.usfa.fema.gov/campaigns/smokealarms/escapeplans/index.shtml>



Sparky the Fire Prevention Dog has great information to teach young children about fire safety. Click on Sparky to learn more or visit [www.sparky.org](http://www.sparky.org).



October 2016

### Walk-tober

*Celebrate fall and the leaves changing with Walk-tober!*

October's mild temperatures make it a great time of the year to get outside and walk. Walk-tober is a physical activity initiative encouraging you to engage in the recommended 30 minutes of activity five or more times per week. Walking is the perfect way to meet the goal.

Looking for a calendar to track your progress? [Click here.](#)

Looking for some books for children to encourage physical activity? The Wichita Public Library created a recommended book list.

Click on this [link](#) to display the list.



Don't Wait **CHECK** the date!



REPLACE SMOKE ALARMS EVERY 10 YEARS

FIRE PREVENTION WEEK  
OCTOBER 9-15, 2016

[firepreventionweek.org](http://firepreventionweek.org)



## HEALTHY ALTERNATIVES TO CANDY!

Want to give out healthier treats for your fall parties?

Consider these options:

- Cereal bars
- Pretzels or whole-wheat crackers
- Mini boxes of raisins
  - Dried fruit
- Apples or oranges
- Mini bags of popcorn

Looking for non-food trinkets:

- Stickers
- Pencils
- Erasers
- Rings
- Bouncy balls
- Modeling clay
- Bubbles

**“Clip and Save”  
Makes it easy to clip out  
and save this healthy  
recipe before recycling  
your newsletter.**



## Pinterest Healthy Ideas

We have been busy pinning some great ideas and resources. Check out these topics and more on the Child Care Aware® of Kansas Pinterest Boards!

[Emergency Preparedness](#)

[Healthy Celebrations](#)

[Nutrition](#)

[Columbus Day](#)



RealMomNutrition.com

## Physical Activity Games with Pumpkins

### Pass the Pumpkin

1. Ask children to stand in a straight line. For large programs, divide children into 2 lines.
2. Have children pass the pumpkin to the next person in line.
3. Mix it up and have children pass the pumpkin in a variety of ways: through their legs, overhead, etc.



### Pumpkin Foot Race

1. Line children at the starting line.
2. Give one small pumpkin to each child.
3. Ask children to push pumpkin, not kick, toward the finish line.
4. Mix it up and have the children hop or squat as they push their pumpkin to the finish line.

Source: <http://www.kidactivities.net/>



### Healthy Eats

### Green Goblin Smoothie



Green Goblin Smoothies

#### Ingredients

- 2 bananas
- 2 cups of water
- Clear plastic cups & a permanent marker
- 1 cup pineapple (fresh, frozen or canned)
- 2 handfuls of spinach or Kale

#### Directions

1. Blend bananas, water, pineapple and spinach in a blender. Kids can take turns pushing the button to help.
2. Use permanent marker to make faces on the clear plastic cups.
3. Enjoy!

Serves 4-5

Source: Pinterest