

October 2026



Five Little Pumpkins Sitting on a Gate

Five little pumpkins sitting on a gate.
The first one said, "oh my it's getting late."

The second one said, "there are witches in the air."

The third one said, "but we don't care!"

The fourth one said, "let's run and run and run."

The fifth one said, "I'm ready for some fun!"

OOOhh OOOhh went the wind
And out went the lights
And the five little pumpkins rolled out of sight.



Flutter, Flutter Little Bat

(sing to the tune of "Twinkle, Twinkle, Little Star")

Flutter, flutter little bat,
How I wonder where you're at.

Swooping through the darkest night -
You find your way without a light.

Flutter, flutter little bat,
How I wonder where you're at!



One Little, Two Little, Three Little Witches

One little, two little, three little witches,
Flying over haystacks, flying over ditches,
Slide down moon beams without any hitches,
Hey ho Hallowe'en's here!



Positive Parenting Tips

Keep Explanations Short

Tell them why they cannot do certain activities and redirect them to another safe activity. For example, "I understand you like to jump on the couch, it's not safe. Let's jump on the floor instead."

Plan Ahead

By planning ahead, you can avoid situations that may lead to difficult behaviour. For example, plan shopping trips when both you and your child are rested and fed.

Tell Them About Your Plans

Change can be difficult for children. Prepare them by telling them what is going to happen next.

Use Praise & Encouragement

This will help to get your child to behave the way you would like them to.

Deal With Temper Tantrums

Children may get frustrated and have temper tantrums. This is normal behaviour. Stay calm, allow your child to calm down and acknowledge their feelings.



Homemade Soft Pretzels

These soft pretzels are made with Greek yogurt, which is a good source of calcium and protein. Kids can help mix the flour, roll the dough, and shape the pretzels. Try shaping some of your pretzels into numbers or letters!

Ingredients:

- 1 cup and 2 tbsp plain Greek yogurt
- 2 cups all-purpose flour
- 3 tsp baking powder
- 1 tsp salt
- 1 tbsp butter (for brushing on top)
- 1 tbsp coarse salt (for topping)

Instructions:

- Preheat oven to 350°F.
- Line baking sheet with parchment paper.
- Combine flour with baking powder and salt.
- Add plain Greek yogurt and mix well.
- Form dough into a ball.
- Divide the dough into ten portions.
- Using your hands, roll out each portion into a long, thin stick.
- Twist each stick into the shape you want.
- Place shaped pretzels on the baking sheet, leaving space in between each one.
- Brush each pretzel with melted butter and top with some coarse salt.
- Bake for 25 minutes or until golden brown.
- When done, pretzels should be soft and chewy.



Halloween Wreath

Materials:

- Go for a nature walk and gather leaves, pinecones, small twigs, dried flowers, etc.
- Cardboard or paper plate
- Glue
- Ribbon

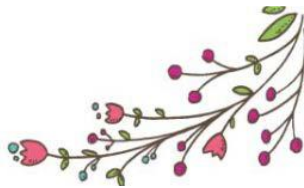
Directions:

1. Cut a donut shape out of cardboard or cut out hole in middle of paper plate
2. Decorate the cardboard donut or paper plate with the leaves, pinecones and twigs, etc that you have found
3. Allow to dry
4. Add ribbon to hang it up



FAMILY WELLNESS

MINDFULNESS AND RELAXATION



Mindfulness promotes skills such as focus, Cognitive control, self regulation, Judgement, and patience in children. At Each developmental stage in a child's life, Practicing mindfulness can be a useful Tool in many ways.

Children are hungry for attention and Affection and can sense when parents and caregivers are distracted

Put the smart phone away and try and stay in the present moment with your child. Hold your baby, make eye contact with your child, smile at them and avoid multitasking while with your child. Give them your full attention.



EarlyON
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Volunteer/Student Opportunity

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If you would like to volunteer at one of our EarlyON Centres please go to the link below.

<https://www.wsncc.org/volunteer-application>





Comfort Play & Teach



Building Social Relationships

Your Preschooler (36 months to 48 months):

Preschoolers are at an age where they are beginning to play with other children, instead of just playing alongside each other. After playing with you and other responsive and caring adults, playing with one's peers is a natural social progression. However, concepts of turn-taking and sharing are still difficult for a child who really wants a particular toy to play with on his own. You are still a very influential play partner and can help your child regulate his feelings, learn to be patient and offer strategies he can use when he does have to wait for a toy.

- Redirection is your ally. Your child may want to play with a toy that another child is using, and it can be tough for your preschooler to understand that she needs to wait her turn, however long that might be. In the same way caregivers within school or child care settings help a child redirect attention to another activity you can do the same at home. It is important that you continue to help your child move on to another activity at home when what she wants is not available. Home is a great place to practice these skills that will be important at school or in social settings with other children.
- Part of being social is developing empathy and understanding other people's perspectives. When you read books to your child, talk about how the characters are feeling in the book, or ask your child why he feels the character acted that in that way. You can help your child problem solve through role-play by acting out a problem in a book, or a problem from school and act out ways to resolve it.

Comfort

Be available for your child when he is playing with other children. This way, he can come to you with problems, and he knows you'll be there for him.

Play

Create play-dates with your child's friends. By increasing the amount of social get-togethers, you give your child the opportunity to learn how best to play and work with others.

Teach

Give directions to your child using positive language. Give her praise when she demonstrates good behaviour instead of focusing on bad behaviour.



Visit the Parent page at www.IMHPromotion.ca for more tips and resources.

Your feedback is very important to us!

Please feel free to share ideas, resources and/or concerns with:

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