

OCTOBER

Create an "All About Me!" book.

Create a book to help your child remember personal information, such as:

My name is _____ (include child's first and last name).

My address is _____ (street address and city).

My phone number is _____ (include area code).

Sometimes my family calls me _____ (nickname).

I am a _____ (girl or boy).

My birthday is _____ and I am _____ years old.

My eyes are _____ (color) and my hair is _____ (color).

I like to _____.



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



October is Family History Month

Tips for putting your child's "All About Me!" book together:

- Staple or tie blank sheets of paper together.
- Use a photo of your child or a picture he or she draws for the cover.
- Have your child write his or her name on the cover of the book as the author.
- Have your child make a page for each family member.

October is Fire Prevention Month

1

Be Prepared:
Set a family meeting place in case of fire. Practice getting there with your child.

Play Outside:
Draw on the sidewalk or driveway with chalk.

2

Practice:
Zippers, snaps and buttons.

3

4

Family Counts:
At bedtime, share a story about you, a grandparent or another relative.

5

Be with Me:
Plan an outing to a local orchard.

6

Yom Kippur Begins

7

Talk to Me:
Ask your child to tell you about their favorite toy.

To Do Together:
Play 'I Spy' and look for shapes while shopping and running errands.

8

Reminder: **9**
Change batteries
in fire and smoke
detectors.

10

Number Time: **11**
Count the
number of doors
in your house.

**Columbus
Day** **12**
Use plastic plates
or plastic
containers to
make 3 'ships'
and float them at
bath time.

Library Day **13**
Be with Me:
Read a book
about firefighters
together.

Talk with Me: **14**
Tell your child
why he or she is
special today.

**Sweetest
Day** **15**

**To Do
Together:** **16**
Take a walk in the
park and play 'I
Spy' looking for
birds or animals.

**Orange
Week:** **17**
Look for
things that
are orange
this week.

Learn Colors: **18**
Eat a fruit or
vegetable
that is orange.

19

What . . . **20**
rhymes with
the word ball?

**Numbers
& Counting:** **21**
Sort or count
things like socks,
canned foods,
buttons, etc.

Enjoy Fall: **22**
Collect
different
leaves or visit a
pumpkin patch.

Be with Me: **23**
Take a walk
together and
practice
looking both
ways before
crossing
streets.

30

Halloween **24**
31

Snack Time: **25**
Have a
crunchy apple
with cheese or
peanut butter.

26

Library Day **27**
Read to Me:
Pick two books to
read today about
fall or Halloween.

28

Be with Me: **29**
Play 'old
maid' or
'go fish'
together.

Great Books for October:

The Apple Pie Tree – Zoe Hall
Duck and Goose Find a Pumpkin – Tad Hills
The Family Book by Todd Parr
Horton Hears a Who – Dr. Seuss
Incredible Me! – Kathi Appelt
A Picture Book of Christopher Columbus – David Miller
Trick or Treat? – Melanie Walsh

Halloween Safety Tips:

- Help your child pick or make a costume that has eye holes large enough and is flame-retardant. If your child is carrying a witch's broom, pirate sword, etc., make sure it has smooth tips and is flexible.
- Carry a flashlight or a glow stick and add reflective tape to costumes/clothing to make them more visible to cars.
- Eat a healthy dinner before trick or treating. Remind your children not to eat any treats until after you check them.
- Remind your child not to get into cars or talk to strangers and to look both ways before crossing streets.

