



EARLY CONNECTIONS NEWSLETTER



OCTOBER 2024



HELPING YOUR CHILD FACE THEIR FEARS

FEARS ARE A NATURAL PART OF CHILDHOOD BUT THERE ARE WAYS PARENTS AND CAREGIVERS CAN HELP MANAGE THEM.

1. CREATE A NIGHTLY RITUAL OR ROUTINE TO PROMOTE HEALTHY SLEEP. A LACK OF SLEEP CAN CONTRIBUTE TO STRESS AND ANXIETY FOR BOTH CHILDREN AND ADULTS.

2. MONITOR MEDIA USAGE. SEEING WHAT KIDS ARE WATCHING ALLOWS YOU TO UNPACK IT WITH THEM. BE WILLING TO OFFER EXPLANATIONS FOR FRIGHTENING THINGS THEY MAY SEE IN THE NEWS.

3. HELP THEM CONFRONT FEARS. DISCUSS WHAT IS BOTHERING THEM AND HELP THEM COME UP WITH SOLUTIONS OR WAYS TO COPE. LEARNING TO PROBLEM SOLVE CAN LESSEN ANXIETY.

4. MODEL COPING SKILLS. MEDITATION, POSITIVE AFFIRMATIONS, AND DEEP BREATHING EXERCISES ARE GOOD TOOLS FOR BOTH CHILDREN AND ADULTS.

5. MAKE TIME FOR FAMILY FUN, EXERCISE, AND PLAY. THESE THINGS PROVIDE POSITIVE EXPERIENCES THAT CAN TAKE YOUR CHILD'S MIND OFF THEIR WORRIES.




TIPS FOR A SAFE TRICK OR TREAT!



FROM: THE CDC

- 1. USE A FLASHLIGHT OR CELL PHONE FLASHLIGHT TO ENSURE DRIVERS CAN SEE YOUR GROUP
- 2. AVOID DRESSING YOUR CHILD IN DARK-COLORED COSTUMES OR USE REFLECTIVE TAPE 
- 3. CHECK CANDY FOR TAMPERING BEFORE LETTING YOUR CHILD EAT IT

- 4. TEST FACE PAINT ON YOUR CHILD'S ARM BEFORE APPLYING IT TO THEIR FACE TO CHECK FOR AN ALLERGIC REACTION.
- 5. ENCOURAGE YOUR CHILD TO WALK NOT RUN BETWEEN HOUSES. AT OUR CENTERS WE SAY "SHOW ME WALKING FEET!" 



OCTOBER EVENTS

- FREE ADMISSION: PUMPKIN TOWN @MASON FARMS ALL MONTH LONG 9AM-6PM
- ERIE ZOO BOO OCTOBER 17TH - 30TH 6-9PM
- FREE: TRUNK OR TREAT @NEW PERRY HIGHWAY ARBY'S OCTOBER 23RD 6-9PM

*FREE RESOURCE: THE ERIE FREE STORE IS OPEN EVERY MONDAY 4:30-7PM @ELMWOOD AVENUE PRESBYTERIAN CHURCH