

# October

October is a fun month filled with family events like Thanksgiving and Halloween. The day off at Thanksgiving gives families more time to get together and have fun. Talking about what your family does to celebrate is a chance to teach language. Halloween is a time when kids dress up and pretend. Acting like their favourite character encourages their imagination and their language skills.

Try these activities, songs, books, and crafts to help your child learn. Speak, sing, and talk about books with your child in your own language.



## Crafts and Activities

### Make a turkey

- Trace your child's hand on a piece of paper
- Make the thumb into the turkey's head and the fingers into the feathers.
- Add the eyes, beak, wattle, and comb.
- Give it feet to make it wobble.
- Colour and decorate it any way you like.

### Carve a pumpkin into a jack-o-lantern

Let your child help you. He can help scoop out the seeds.

- Talk about how the seeds feel in your fingers.
- Talk about all the steps to make the jack-o-lantern. Ask him what you need to do next.
- Draw eyes, a nose, and a mouth on the outside of the pumpkin.
- Wash the seeds, roast them, and eat them as a snack.

### Make a spider

- Use pipe cleaners and one bump from an egg carton to make a spider.
- Let your child draw a face on the egg carton.
- Help her poke the pipe cleaners through to make 8 legs.
- Talk about spiders. Ask . . .
  - Where do they live?
  - How many legs do they have?
  - What do they like to eat?
- Sing the Itsy bitsy spider song together.

### Dress-up

Dressing up is good for your child's imagination and language skills

- Start a dress-up collection.
- Look for great dress-up clothes at a thrift store.
- Ask him who he is, what he's doing, or where he's going.

If Halloween is not part of your family, culture, or religious traditions, watch for other events in your community. Often churches, community centres, neighbourhoods, or even businesses will host "Harvest Festivals" where kids can go, play games. Think about hosting one yourself. You can start your own fun traditions!

## Songs and rhymes

Want to learn more songs and rhymes? Look for a parent-child music class in your area.

### One little pumpkin

One little pumpkin grew in the sun.  
He grew and he grew to a great big one.  
He grew and grew and became on Halloween,  
the biggest jack-o-lantern ever seen.

### Pumpkin song

(Sung to the tune of Are you sleeping?)

Pick a pumpkin,  
scoop the seeds out,  
make two eyes,  
make a nose,  
make a smile with big teeth,  
put a candle inside.  
jack-o-lantern, jack-o-lantern.



### Itsy bitsy spider

Sing this song in different ways with an older child. Change "The itsy bitsy spider..." to "The big fat spider..." with a loud voice or "The teeny tiny spider..." with a quiet voice. Find books like Eensy weensy spider or The itsy bitsy spider.

To learn more about reducing children's recreational and sedentary screen time visit

[www.healthykidsptbo.ca](http://www.healthykidsptbo.ca)