



Safety while Trick-or-Treating

Here are some tips for you and your family to have the safest spooks!

- **Stay together.** There is power in numbers, even on Halloween. Accompany smaller children on their route and make sure older kiddos have a buddy too.
- **Visibility.** An excited child may not think before stepping out into a street where cars may be driving. Keep them visible for yourself and drivers by keeping a small flashlight on hand, using glowstick bracelets/necklaces, and/or attach reflective gear to your child's costume.
- **Inspect the loot.** If your child has allergies make sure to go through your child's candy haul before they have the chance to eat it.
- **Prepare for possible spooks.** Older children's costumes or an elaborately decorated house can really spook a child. It is important to remind kids who easily scare that none of it is real.
- **Costume safety.** While face masks have become the norm over the past year, it is important to check any masks fully covering the face for eyesight visibility and possible irritation. A great alternative to a full face mask is non-toxic face paint. Also check bottom hems of dresses and capes for possible tripping hazards.

Alternatives to Trick-or-Treating

- **Trunk-or-Treat.** Many communities set up a car trunk-or-treat in large parking lots where instead of houses, kids can go trunk to trunk collecting candy. Check our Facebook for local trunk-or-treats!
- **Family costume movie night.** Have the whole family dress as their favorite TV/film character and watch that TV show/film together!
- **Scavenger hunt.** Create a scavenger hunt around the house/backyard and let the kids have a night of adventure! This can be done with candy and/or healthy treats.
- **Pumpkin painting.** A great and safe alternative to pumpkin carving the whole family can enjoy! All you need is just regular acrylic paint and a pumpkin, paint whatever you desire directly on the pumpkin!





Pregnancy/Infant Loss and Breast Cancer Awareness Month

October is National Pregnancy/Infant Loss Awareness and Breast Cancer Awareness Month. During the entire month, we take time to reflect, remember, and honor those who have lost a child during pregnancy and/or infancy and those who have been impacted by Breast Cancer.

There are no instructions for grief, loss, or diagnosis. A number of feelings will be felt. It's important to make sure you allow yourself as much time as necessary to recover. Know that others have experienced this and have felt what you are feeling, you are never alone. Support groups in the community are a great way to connect with those who have experienced this as well.

Although most are aware of breast cancer, many forget to take steps to detect the disease in its early stages and encourage others to do the same. Mammograms can help you detect cancer before you feel a lump, breast self-exams help you to be familiar with how your breasts look and feel so alert your healthcare provider if there are any changes. Adult women of all ages are encouraged to perform breast self-exams at least once a month.



How to perform a routine self **BREAST EXAM**



1



Look at your breasts in a mirror with arms by your sides and then with arms raised.

You should be looking for any skin changes such as dimpling, puckering, redness, change in your nipple, or anything coming out of them (and you're not breast feeding).

2



Feel your breasts while lying down.

Use the opposite hand to examine each breast with two fingertip pads, using small circular motions and covering the entire area of the breast (from outer arm pits to the nipples, across to the space in between your breasts, and vertically from your collarbone to below the breasts).

3



Feel your breasts while standing up.

This is easiest done in the shower especially with a little soap over the area which makes fingers slide over the tissue and lumps easier to feel.



REMEMBER: Complete your self-exam monthly and call your doctor with any concerns.

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Happy Birthday to all October Birthday's and Newborns!!



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Important dates this month:

October 10th: Columbus Day

October 31st: Halloween