



# H.O.P.E News October 2009

## Trick-or-Treating Safety

Even when you plan to trick-or-treat in a group that is supervised by adults, kids often run from house to house, sometimes leaving their supervisors behind...

A plan for trick-or-treating can help to avoid any safety hazards and can help to make sure your kids follow the rules, including:

- planning a safe area to trick-or-treat
- staying in the group they started with and walking to each house to gether
- only going to house that has a light on
- walking on the sidewalk and not cutting across lawns, alleys, etc.
- crossing streets at crosswalks
- not entering a house without supervision



It can also be helpful to have a plan in place in case your child does get separated while trick-or-treating, including a 'safe house' where he can go, making sure he knows your cell phone number, or carrying walkie-talkies.

### Did you know?



Pumpkins are fruits. A pumpkin is a type of squash and is a member of the gourd family, which include squash, cucumbers, gherkins and melons.

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- Sunshine Stay & Play
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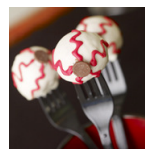
### Quick Recipe: Forked Eyeballs

#### You will need:

- ★ 2 bags of white chocolate chips
- ★ 12 doughnut holes
- ★ Semisweet chocolate chips
- ★ Tube of red decorator frosting

#### Directions:

1. To coat a dozen doughnut holes, melt the white chocolate chips over low heat (and keep the chocolate warm while you work). With a fork, spear each doughnut hole and submerge it in the melted chocolate to coat it, then gently tap off any excess.
2. Stick a semisweet chocolate chip with its point cut off onto each doughnut hole, cut end first. Place the forks (handle side down) in a mug and allow the chocolate coating to harden.
3. Use a tube of red decorator frosting to add squiggly veins radiating out from the pupils.



HOPE News provided by...



# NETWORK 4 CHANGE.....

## Stability, Hope, Strength, & Wellness



17-31 First St. S.

268-2506

[www.network4change.ca](http://www.network4change.ca)

Drop By for Coffee, chat and to  
Meet our New  
Family Outreach Worker  
Terra Kohle



### WHAT'S HAPPENING THIS MONTH

Laugh n Learn  
Mondays 10:00-11:30  
Network 4 Change  
Play Pals  
Tuesdays 10:00-11:30  
SunGro Centre  
Time to Play  
Every second Sunday 1-2:30 pm  
BEYS  
Sunshine Stay and Play  
Every second Wednesday 10-12  
Tyndall Community Center



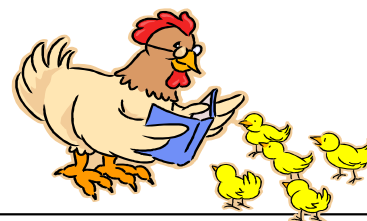
## Laugh 'n' Learn

**Halloween Candy :** Making sure your child eats dinner before going trick-or-treating can help to make sure they don't overdo it on Halloween night. It can also help to have a plan in place before you go trick-or-treating, which can include allowing your child to choose a few treats that they can eat right away, and then putting the rest of the treats away and rationing them for the coming weeks and months, and of course be sure to inspect your child's treats to make sure they have not been tampered with. Since a lot of the fun is going out and getting the candy on Halloween, if your child really shouldn't eat their Halloween candy, you might allow them to trade it in for something else they want, like a new game, etc.

**Mondays**

**10:00 - 11:30**

**Network 4 Change**



## A Time to Play - Play Group/Family Support for Families with Children of Special Needs



Network 4 Change is excited to launch a new program for families with children of special needs.

★ **October 11, 2009**

★ **October 25, 2009**

A Time to Play will provide the time and space for children to have fun in a developmentally appropriate, stimulating, fun, engaging and safe space. Family members and care-providers will be given an opportunity to connect with and support one another while their children have some time to play.

1-2:30 pm (Beausejour Early Years School)

\*Feel free to contact us regarding questions, concerns, suggestions

PROGRAM PARTNERS

Network 4 Change  
Brokenhead River Community Foundation  
Beausejour Early Years School  
Bright Beginnings  
Eastman Family Services and Housing  
Association for Community Living

# NORTH EASTMAN HEALTH ASSOCIATION (NEHA)

## Healthy Baby

Are you pregnant or have a baby under one year?

Healthy Baby is offered at the Beausejour Health Center every second Tuesday from 10 a.m.-12 noon

## Public Health Nurse

Lisa Hrynyk, RN, BN

Email: lhrynyk@neha.mb.ca

268-7468



## PLAY PALS

### Game: Build-A-Monster



#### What You Need

A blown up clip art picture or a large picture of a funny monster. cut into pieces. A place to put them all up. Push pins or tape. Blindfold.

#### What You Do

Find or draw a picture of a Frankenstein type monsters body. Cut the body into pieces and lay out. What you want to do is blindfold each player, spin them around three times (like Pin The Nose on the Pumpkin) and have them pin a body part to your monster.

What will happen is they will build a very funny looking monster. Make enough body parts so each child has one to put up. When they are all done, take a look at your creation! It will probably look very funny and everyone will have a good laugh!

Tuesdays

10:00-11:30

SunGro Centre

Join us for...

Snacks

Games

Crafts

Great Conversation

## Sunshine Stay & Play

Every second Wednesday

### Fall Schedule

October 7

October 21

November 4

November 15

Tyndall Community Center


10:00-12:00

Ages 0-6

For more info call Allison 268-4534





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
			1	2	3/4 Time 2 Play 1:00-2:30 Beausejour Early Years School (Sunday the 4h)
5 Laugh n Learn 10:00-11:30 N4C	6 Play Pals 10:30-11:30 SunGro Center	7 Sunshine Stay & Play 10:00-12:00 Tyndall Community Center Parenting Pre-Teens 6-8pm (BEYS)	8	9 Nobody's perfect parenting workshop 1-3 pm (N4C)	10/11
12 Thanksgiving No Program 	13 Play Pals 10:30-11:30 SunGro Center  Healthy Baby BSJ Health Center 10-12	14 Parenting Pre-Teens 6-8pm (BEYS)	15	16 Nobody's perfect parenting workshop 1-3 pm (N4C)	17/18 Time 2 Play 1:00-2:30 Beausejour Early Years School (Sunday the 18th)
19 Laugh n Learn 10:00-11:30 N4C	20 Play Pals 10:30-11:30 SunGro Center	21 Sunshine Stay & Play 10:00-12:00 Tyndall Community Center Parenting Pre-Teens 6-8pm (BEYS)	22	23 Nobody's perfect parenting workshop 1-3 pm (N4C)	24/25
26 Laugh n Learn 10:00-11:30 N4C Stone Soup parent network mtg 6:30-8:00 pm	27 Play Pals 10:30-11:30 SunGro Center  Healthy Baby BSJ Health Center 10-12	28 Parenting Pre-Teens 6-8pm (BEYS)	29 	30 Nobody's perfect parenting workshop 1-3 pm (N4C)	31 