

CCRR Family Newsletter

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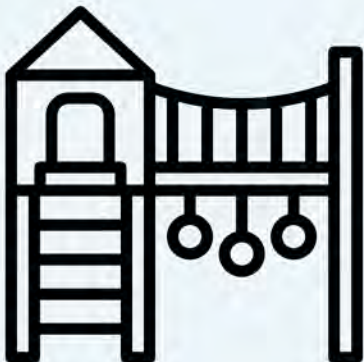
Tips for Creating a Supportive Environment for your Child



- Spending time with your children doing enjoyable activities
- Maintaining routines as much as possible - such as bedtime and mealtimes
- Regularly asking your child how they are doing and feeling
- Acknowledging and respecting your child's feelings
- Listening to your child's concerns

Teach Children Life Skills through Everyday Activities

Teaching life skills to children is an important part of developing responsible, independent human beings. Such skills can help them lead happier and more successful lives, both in school and beyond. It's easy to forget that life skills can be taught through simple everyday activities.



Playground Safety for Children

Playgrounds and outdoor play equipment offer kids fresh air, friends, fun, and exercise. Each year, more than 200,000 kids are treated in hospital ERs for playground-related injuries. Many of these accidents can be prevented with careful supervision. **Adult Supervision is Key**

Never push or roughhouse while on jungle gyms, slides, seesaws, swings, and other equipment.

Use equipment properly — slide feet-first, don't climb outside guardrails, no standing on swings, etc.

Always check to make sure no other kids are in the way if they're going to jump off equipment or slide, and land on both feet with their knees slightly bent.



BUDGET-FRIENDLY
Fall Activity
CHECKLIST



- Go on a nature hike.
- Have a picnic.
- Go pick pumpkins.
- Carve Jack-o' lanterns.
- Visit an apple orchard.
- Make your own local fun.
- Create an outdoor obstacle course.
- Spend time around the fire pit.
- Tailgate from home.
- Make apple cobbler.
- Pop popcorn on the stove.
- Roast pumpkin seeds.
- Watch a favorite fall movie.
- Learn about money together.
- Roast marshmallows.
- Drink hot chocolate.
- Go for a Sunday drive.
- Camp out in your backyard.
- Enjoy some spooky science.
- Take up bird-watching.
- Jump into a pile of leaves.

