



Play N Learn

October 2017

*Family
Connections
of Southwest
Wisconsin*

October Calendar

- 1—International Coffee Day!
- 9 —Columbus Day
- 18—Chocolate Cupcake Day
- 26—Play N Learn Halloween Party—Feel free to wear a costume!
- 31—Halloween

Hello, Fall!

Fall is finally here! Fall greeted us with some hot summer weather, but we are looking forward to cooler temperatures. The leaves will be changing soon and we can't wait to see the beautiful colors!

Halloween Safety

Walk Safely

Cross the street at corners, using traffic signals and crosswalks.

Look left, right and left again when crossing and keep looking as you cross.

Put electronic devices down and keep heads up and walk, don't run, across the street.

Teach children to make eye contact with drivers before crossing in front of them.

Always walk on sidewalks or paths. If there are no sidewalks, walk facing traffic as far to the left as possible. Children should walk on direct routes with the fewest street crossings.

Watch for cars that are turning or backing up.

Trick or Treat With an Adult

Children under the age of 12 should not be alone at night without adult supervision. If kids are mature enough to be out without supervision, they should stick to familiar areas that are well lit and trick-or-treat in groups.



Upcoming Play N'Learn News

**Join us every Thursday from 9:30—
11:00 for fun in the Discovery Room,
gym, and playground!**

More Halloween Safety!

Keep Costumes Both Creative and Safe

Decorate costumes and bags with reflective tape or stickers and, if possible, choose light colors.

Choose face paint and makeup whenever possible instead of masks, which can obstruct a child's vision.

Have kids carry glow sticks or flashlights to help them see and be seen by drivers.

When selecting a costume, make sure it is the right size to prevent trips and falls.



Pumpkin Muffins

Ingredients:

- 1¾ cups all purpose flour
- 1 cup granulated sugar
- ½ cup brown sugar
- 1 teaspoon baking soda
- ½ teaspoon baking powder
- ½ teaspoon salt
- 2 teaspoons ground cinnamon
- ¼ teaspoon ground cloves
- ¼ teaspoon ground nutmeg
- 2 large eggs
- 1 (15 oz) can pure pumpkin puree
- ½ cup coconut oil, melted
- 1 tablespoon whole milk
- 1 teaspoon vanilla extract

Instructions:

1. Preheat oven to 375° F. Line a muffin pan with paper liners or grease with nonstick spray. Set aside.
2. In a medium bowl, combine the flour, sugar, brown sugar, baking soda, baking powder, salt, and spices. Whisk to combine and set aside.
3. In a small bowl, combine the eggs, pumpkin puree, coconut oil, milk, and vanilla extract. Whisk to combine. Pour the wet mixture into the dry ingredients and fold to combine. The batter will be thick.
4. Using an ice cream scoop, scoop the batter into the prepared muffin pan. Bake for 22-24 minutes, or until a toothpick inserted into the center of a muffin comes out clean. Let cool for at least 5 minutes before removing from the pan.

