

PARENT NOTES



Autumn Family Fun!

Find a place that has many falling leaves. Try your neighborhood park or even your back. Scoop up the leaves into a giant pile. Then free fall into the leaves together. Let your child fall, jump or crawl into the pile in different ways.

Expand your sensory play by crumbling the leaves in your hands. Experiment with the leaves. Are there leaves that crumble easily and others that stay in one piece? Talk about why they are different.

Leaf Rubbings

On a hard flat surface, place the leaves under a piece of paper. Hold a crayon sideways and rub across the paper until you see the leaf design come through.

Balancing Work and Family

Are your mornings crazy now that school has started? Try these ideas to have a good start to everyone's morning.

1. **What is most important to your child?** Make time for this before your child leaves in the morning.
2. **Make sure things happen in the same order every day.** Kids will be calmer if they know what will happen.
3. **Give kids choices.** Don't argue over things that don't matter.
4. **Talk with your child about his/her feelings.** "I'd like to stay home too, I'll sure miss you."
5. **Make the minutes before you leave warm and friendly.** Say or do something they can smile about. Tell them something they can look forward to when coming home.
6. **Sit down with your child.** Create a story, sing songs, or draw a picture about your morning routine.

Health and Safety

A Back to School Warning:

Children's Vinyl Lunch Boxes Can Contain Dangerous Levels of Lead

The Center for Environmental Health is filing lawsuits against makers and retailers of soft vinyl lunch boxes. These lunch boxes can expose children to high levels of lead.

Laboratory testing has found seventeen lunch boxes with high lead levels. The group is continuing its investigation.

For more information or to find out if your own child's lunch box should be tested go to <http://www.cehca.org/lunchboxes.htm>