



Comfort Play & Teach:

A Positive Approach to Parenting™

Every Day

Comfort, Play & Teach™: Halloween Tip Sheet

Halloween is a wonderful fall celebration full of traditions around giving out treats, carving pumpkins and roaming through the neighbourhood in costume. Young children will feel excitement and possibly some apprehension about all that is happening as Halloween night approaches. Parents play an important role in helping their child to understand this holiday and to feel secure. Here are some **Comfort, Play & Teach™** ideas that will support parents in making Halloween enjoyable for their child.



Comfort

If you do this:

- Together with your child, create a dress-up box using old costumes and clothes from home or from a visit to the thrift shop. Then, play together and experiment with what's in the box
- Read books together like *Big Pumpkin* by Erica Silverman or *Go Away, Big Green Monster* by Ed Emberley

Your child will:

- Feel that with you he can use his imagination and create stories of his own that both of you will enjoy together
- Receive a gentle introduction to Halloween creatures and be reassured by you if she talks about any fears she may have about Halloween



Play

If you do this:

- Enjoy activities like tracing the outline of your child's body on paper so he can decorate it using his own costume ideas
- Role-play trick-or-treating with your child by giving dolls and teddy bears simple snacks like raisins, dry cereal and small rice cakes

Your child will:

- Explore different art techniques such as painting, colouring and collage while developing his creativity and demonstrating his abilities
- Practice skills like sharing, counting and sorting while learning how to give away goodies when trick-or-treaters arrive at the door



For more information visit www.investinkids.ca

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Teach

If you do this:

- Set up a time for you and your child to make Halloween treats. For example, bake muffins and decorate these with icing, coconut, raisins and apple slices
- Invite your child to explore creative materials like finger paint and playdough in Halloween colours such as red, black, orange, green and white



Your child will:

- Learn to combine ingredients and make discoveries about the textures and tastes of different ingredients while joining you in creating creepy creatures
- Explore concepts such as colour, shape and change of state while enjoying the soothing sensation of smearing the paint or squeezing the dough



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