

Fingerplays, Rhymes & Songs:

Pumpkin

Cut into a pumpkin ; (Pretend to cut pumpkin)

Scoop it with a spoon: (Scooping motion)

Carve a little mouth (Use thumbs and pointer fingers to make mouth, thumb tips touching.)

That is shaped like a moon,

Cut two eyes to twinkle, (Fingers form two circles for eyes.)

And a big three cornered nose. (Thumbs and pointer fingers touch to make a triangle shape,)

Use for teeth, ten shiny seeds,

And place them in a row. (Hands up – palms out – fingers straight in row.)

Three Little Pumpkins

Three little pumpkins, lying very still, (Hold up three fingers.)

In a pumpkin patch on a hill.

This one said, "I'm very green, (Point to thumb.)

But I'll be orange by Halloween."

This one said, I'm on my way (Point to forefinger.)

To be a jack-o-lantern some day."

This one said, "Oh me, oh my, (Point to middle finger.)

Today I'll be a pumpkin pie."

Recipes:

Serves: 8 Silly Apple Bites

Ingredients

- 2 green apples, each quartered
- sunflower or peanut butter
- 32 sunflower seeds
- 2-3 strawberries, sliced
- 1-2 Googly Eyes per apple bite



Instructions

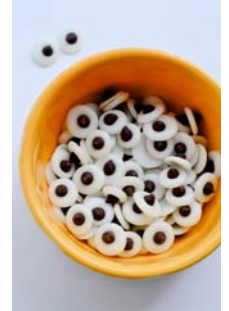
1. **Cut the middles out of each quarter of the apple to create a mouth. Don't worry about perfection, you are filling this gap with sunflower or peanut butter anyway so if you cut too deep, you can always just cover it up and no one will know.**
2. **Coat the inside of the cut gap with a filling of sunflower butter.**

3. **Place 4 sunflower seeds on the top of the "mouth" for the teeth.**
4. **Place 1 sliced strawberry inside the mouth for the tongue.**
5. **"Glue" each eye above the mouth with a dab of sunflower or peanut butter to stick.**
6. **Serve with a smile.**

Googly Eyes

Ingredients

- 1 c. powdered sugar
- 1 tsp. cornstarch
- 1 Tbsp. corn syrup
- 2 tsp. milk
- ¼ tsp. almond extract (or vanilla extract)
- mini chocolate chips



Instructions

1. **Whisk together the powdered sugar and cornstarch. Add the remainder ingredients except for the chocolate chips and mix until combined. It should be a thick paste at this point.**
2. **Place into either a piping bag or Ziploc baggie and pipe dots into one row onto a baking sheet lined with wax paper. Gently top each dot with the mini chocolate chip-you don't want to wait too long to place the chocolate chip in the middle or it will set.**
3. **Repeat until all the paste is gone.**
4. **Allow the googly eyes to set for at least 24 hours on your counter**

Suggested Home Activities:

Afraid of your child having fears? Since your preschooler is in a stage in which reality and fantasy are easily mixed, it's natural that h/she would develop fears. Keep in mind many of these fears will be outgrown quickly when handled appropriately.

- Acknowledge the emotion of fear as being real – don't ignore it. Explain even grown-ups are afraid sometimes.

- Talk about the fear. Ask questions. Offer a simple explanation about the fear may be all that's needed.
- With your child, develop a solution to the problem or a courageous plan. Leading your child to solve his/her own problem will give him/her an important sense of control over the fear. Be sure to praise your child.
- Model courage. Remaining calm during frightful incidents will send an important message to your child.
- Read books in which characters face fears.

Fire Safety Tips:

- Make sure everyone in your family knows and practices escape routes from every room in your home. (Check detector batteries)
- Remember to escape first; call at a neighbors. Never re-enter a burning home.
- Teach your family to stop, drop and roll
- Designate a meeting place outside.

Books:

Franklin in the Dark – Paulette Bourgeois
 Go Away, Big Green Monster! – Ed Emberley
 Where the Wild Things Are – Maurice Sendak
 The Pumpkin Blanket – Deborah Turney Zagwyn
 Owl Babies - Martin Waddell
 Stellanuna – Janell Cannon
 Pumpkin, Pumpkin – Jeanne Titherington
 The Biggest Pumpkin Ever - Steven Kroll
 Fire, Fire – Gail Gibbons
 Fighting Fires – Susan Kuklin
 Fire Fighting – A First Discovery Book