



National Council on Educating Black Children  
**Helping Parents Help Children**  
 Make ~  
**Good Choices**

Parent Newsletter

October 2010

## Autumn Activities

**From falling leaves to longer sleeves, Autumn is a great season for family fun.**

Autumn (Fall) is a harvest season. In many communities, the harvest season is time when families make extra efforts to gather with each other for large meals, sporting events, and other tried and true traditions. What are your family's favorites? Have you tried these?

**Painting Pumpkins** ~ This classic can be easily adjusted to suit your family's interests. If you have a "silly" group, try this:

Start with a large pumpkin. Have everyone in the family pick one facial feature (nose, eyes, etc.) and write it on a piece of paper. Now write an adjective (like "big" or "wrinkly") to describe the feature. When you're done, put all the papers in a bag. Now, have everyone (without looking) select a paper from the bag, read the paper out loud, and draw the feature on the pumpkin's "face." If your group is as silly as you say, this is bound to barrel of laughs!

*(Do you have a large family? Add props -- hats, scarves, etc. -- to make it more fun)*

**Family Movie Night** ~ Reward a long week with a movie. Within your budget, plan an evening of snacks (or dinner) and a movie. Involve the children with selecting and making food treats, and have them set-up/clean-up a comfortable "theater" atmosphere.

Does your family have a "budding entrepreneur" or a "creative-type?" Allow him/her to create movie tickets and play money that can be used for "admission and snacks" before the movie. With this activity, planning is half the fun, so take time to talk about and write down your ideas.

*(Many libraries offer movie rentals with your library card benefits. Ask at the "Information Desk" of your local library.)*

## Health Matters



**Cooling temperatures remind us of the potential for colds and flu. Help your child remember the basics of personal hygiene and social health.**

- ✓ **Brush teeth twice a day and keep "things" (fingers, pencils, toys, etc.) out of the mouth.**
- ✓ **Wash hands regularly, especially when coming in from outside, before eating, and after using the bathroom.**
- ✓ **Shield coughs and sneezes. Bring the inside of the elbow to the face. This protects others, helps to keep hands clean, and decreases the spread of germs.**

## Sow a Seed in Your Community with a Smile



Most of us have a story we can tell or a skill we can share to encourage someone or develop a "highlight" in our community.

As the weather gets milder, sit outside and be neighborly. You don't have to develop an elaborate plan to start on a "mission to make a difference." You may find that something as simple as your smiling presence goes a long way toward positive community relations.

**Learn more ways to help your children make good choices and succeed. Contact NCEBC at (317) 283-9081 to be connected with your Community Action Team or ask about the National Parent University Curriculum Initiative.**



*The National Council on Educating Black Children supports the Indianapolis Community Crime Prevention Program in partnership with Marion County Health and Hospitals Legacy House and its Reclaiming the Village program*