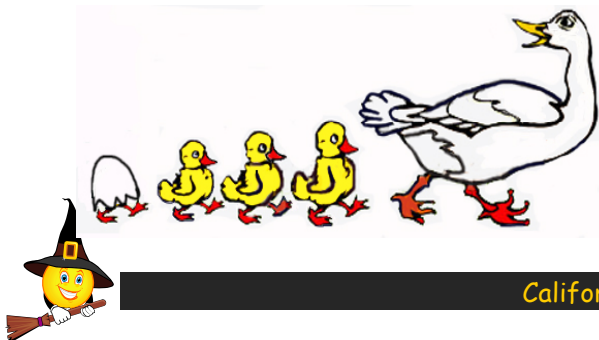


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The history of "Trick'O'Treating" can be traced back to the early celebrations of All Soul's Day in Britain. The poor would go begging and the housewives would give them special treats called "soul cakes". This was called "going a-souling", and the "soulers" would promise to say a prayer for the dead.

Over time the custom changed and the town's children became the beggars. As they went from house to house they would be given apples, buns, and money.

During the Pioneer days of the American West, the housewives would give the children candy to keep from being tricked. The children would shout "Trick or Treat!".

Halloween has become a major holiday, but this does not mean that we have to introduce this holiday to our little ones in all its gory glory. In fact, there's little to be gained and much to be lost in pushing all Halloween festivities on a child who is not ready.

Taking some simple precautions will ensure a fun time for your little one and you. Don't push children to look at anything they find upsetting. If they turn away from masks in the store, pull back from a spider dangling from a string, or hide their face in fear of a bowl that makes cackling sounds, don't try to convince them that they shouldn't be afraid, and don't laugh at them. Respect their feelings. Pull them close, hold them, let them know they are protected.

Let children help decorate. Make sure your decorations are touchable. If children are allowed to touch the Halloween decorations or put up and participate in their placement they are

less likely to be afraid of them. For things that make noise or move, it is a good idea to show it to the child the item first, without batteries. Have the child help you put the batteries in the decoration so they can see that the thing is a toy and not really alive.

Lower your costume expectations. Many children will not wear a special costume for Halloween. A one or two year-old may tolerate being dressed up as long as the costume is comfortable, but as children get older they are particular about clothing on regular days, why expect them to be any less picky on Halloween? Avoid masks until your child is 5. Don't expect your little one to wear a mask. Masks are uncomfortable, hot, and make breathing and vision feel different. This can frighten a child and take the fun out of a costume. Face paint works better.

Plan a reasonable trick-or-treat route. Avoid houses where you will be met by adults in scary costumes, or that have scary noises or decorations. Most young children will be happy with a half-hour of trick-or-treating at neighbors' or friends' houses.

Look before opening the door. Be careful about letting your child answer the door. A child who has seen a bloody man in a black cape at their front door, can have trouble feeling safe at home for a long time. Take a peek first to see who's there. Tell your child what you see and ask if they want be there when you open the door. You can also ask masked trick-or-treaters to show their faces for a moment so your child understands that they are people.

Did you know October 30<sup>th</sup> is Candy Corn Day? Candy Corn is one of the most popular Halloween treats.



Our Halloween Party will be on Friday October 30<sup>th</sup> this year. Costumes are always encouraged.  
We will also need treats for our trick or treat practice run.

