



— Fun Family Activities for the Fall Season —

October brings hints of fall on brisk mornings and still reminds us of the heat of Summer past in the daytime. It is one of the truly delightful months in the South. We are well into the school year and all of the routines that need to be attained, and yet, we are not in the busy holiday season. A month to relax and enjoy being outside and taking time to explore.

Some fun crafts to try with your children are leaf rubbings. Take a variety of fallen leaves from outside and place under a piece of plain paper, then take an unwrapped crayon and rub the paper over where the leaves are placed. Try arranging the leaves in patterns or like people or animals and see what creations you can make together. If you have older children, try making Fall Leaf Lanterns from “Happiness is Home” website. The link to find the craft is here: www.happinessishomemade.net/fall-leaf-lanterns/.

October is the perfect time to check out local pumpkin patches, hay rides, corn mazes, etc. Even city suburbs have small farms that host fall fun! Many farms also have petting zoos to learn animal husbandry and is a great way to expand your child’s acceptance of animals that are not normally in the home. If you don’t know of a local farm, you can try Google and see what is nearby.

Mini pumpkins are fun to allow children to paint, glitter, feather, and add googly eye to it to create their own safely decorated pumpkin. Carving a pumpkin is a must for older children, however, be forewarned that the heat and sun in

the South makes them rot in less than a week. The texture of the “guts” of the pumpkin can be off-putting or it may be your child’s favorite sensory play! Save the seeds to roast in the oven for a tasty treat after all of the fun. Here is a recipe from the website “Valarie’s Kitchen”: www.fromvalarieskitchen.com/perfect-roasted-pumpkin-seeds/.

Picnics, camping and bonfires are made for Octobers. The days are warm to enjoy the great outdoors for a day hike and picnic and you might even get enough of a breeze to fly a kite! In the evening, make a bonfire in a firepit or chimenea and roast marshmallows for s’mores. If you can get away from city lights, the night sky is often clear and perfect for stargazing. Good Housekeeping website has a list of some useful and fun astronomy apps for your phone: www.goodhousekeeping.com/life/g26089673/best-stargazing-apps/.

Whether or not you plan on celebrating Halloween, be kind to those who think differently. Everyone is in a different place with their family and their health and safety. More importantly, make great memories as this crazy year comes to a rapid close. Plan more family time, but make it quality time not just time together in front of the television or video game system. A loving family is the best memory we can pass on to our children.

News & Events

• Keeping Track of PPE Supply Count

We understand the importance of having an adequate amount of PPE in the home at all times, however we ask that you please remain vigilant on keeping track of your supply count. Please let the office know right away when you are running low on supplies so that we have time to coordinate a drop off or pick up of supplies.

• Hay Day Festival - Allen, TX

- Friday, Oct. 23rd 6-8:30 p.m. Enjoy an evening of live music, food, and adult beverages in a rustic hay lounge in the Pecan Grove! Limited tables will be available for purchase, allowing plenty of room to spread out.

- Saturday, Oct. 24th 2-6 p.m. Afternoon of family fun in The Meadow! Hay games, grass maze, scavenger hunt, prizes, photo stations, family hayrides, and more! Limited tickets will be sold.

For more information visit <https://connemaraconservancy.org/wordpress/hay-day-festival-set-for-oct-23-24/>

• Pick Pumpkins and Explore a Corn Maze at Local Farms - Austin, TX

Head on down to the farm for some old-fashioned harvest fun, such as exploring the five-acre corn maze and feeding the farm animals at Barton Hill Farms in Bastrop - October 3 – November 14; picking your own pumpkins and gourds from the pumpkin patch at Sweet Berry Farm in Marble Falls (September 19 – November 8); or going for a hay ride and meeting the animals at the petting zoo at Georgetown’s Sweet Eats Fruit Farm (September 19 – November 8).

Resources

• **VIVA Pediatrics Resources**

In an effort to help our families, we constantly strive to provide them with relevant and helpful resources and information. Visit our resources page online at: www.vivaped.com/resources

For current events visit us on Facebook. www.facebook.com/VIVAPeds

• **Care Starter App**

The Connections App is a complete resource guide for families of kids, teens and adults with special needs. Their goal is to help you find providers, organizations and other resources in your community to help you along your path of care. Download the CareStarter App now! www.carestarter.co/connectionsapp



• **The Parker Lee Project**

The Parker Lee Project is a non-profit organization dedicated to helping families of children with medical needs obtain the necessary supplies & equipment, education, and support they need. While most supplies are covered by insurance, some are not, or not enough supplies are provided. If you have a need for medical supplies or have supplies to donate, please visit their website at www.theparkerleeproject.org

• **Texas Star Kids**

The Texas' Star Kids mandate threatens the lives of our weakest and most vulnerable little citizens. Join us in standing up for those who have no voice. Click this link to sign up: www.facebook.com/ProtectTXFragileKids
For more info visit: www.protecttxfragilekids.org

• **Thrive Magazine**

Need Resources for your child with special needs? Thrive Magazine shares resources and stories of other families in the DFW area who are living and thriving with special needs. www.dfwchild.com/thrive/directory

• **Recognize a VIVA Star**

Viva Pediatrics has an Employee Rewards and Recognition Program to thank and recognize employees that go "above and beyond". Both employees and patient families are welcome to recognize a VIVA employee! Call one of our offices and let us know if a VIVA employee has gone above and beyond!



Get Healthy with Giggles

Halloween during COVID-19

With the Halloween holiday approaching, it's important to remember that you and your family can still partake in your yearly spooky traditions while still practicing safe and healthy habits. Here are a few ideas about how your family can celebrate Halloween in a quarantine friendly way.

One trending idea to help kiddos social distance during trick-or-treating is encouraging households to set up candy graveyards with tombstones that are spaced out six feet apart with candy bowls placed beneath. Families can have a handful of kids enter the graveyard at a time and also place candy into separate bags as an extra safety measure.

The best part of Halloween is the costumes! This part is especially fun for friends and family so it would be a great idea to host a Zoom costume party or contest so that everybody can still show off their spooktacular costumes.

If you and your family decide not to participate in the trick-or-treating festivities, your family can still share Halloween goodies in a contact-free way with family and friends by dropping off candy bags and other Halloween treats in mailboxes or on doorsteps.

The perfect way to wrap up the Halloween celebration is by having a family-friendly Halloween movie marathon. Pop some popcorn and indulge in your favorite candy all while enjoying a fun Halloween movie as a family. If the weather isn't too cold outside, make the movie night a bit more exciting by watching the movie in the backyard with a projector and some blankets and pillows. Have a happy and safe Halloween!

- Jordyn Ruiz

Food for Thought



Pumpkin Spice Apple Chips

Ingredients

- 3 apples
- 12 tbsp. ground cinnamon
- 1 tbsp. ground ginger
- 1 ½ tsp. ground nutmeg
- 1 ½ tsp. ground cloves

Directions

- Preheat the oven to 200° F, and line a baking sheet with parchment paper. Wash and core the apples. Using a mandolin, thinly slice the apples into rounds. Place the rounds on the baking sheet.

- Mix together the spice blend in a small bowl. Lightly sprinkle over the apples, using your fingertips. The farther away you are from the apples, the lighter and more evenly spread the dusting will be.

- Bake the chips for 1 1/2 hours. Remove from the oven, flip each slice and sprinkle the new side with spices. Put the chips back in the oven for 1 hour. When the hour is up, check on the chips. If they're as crispy as you want them, turn the oven off and keep the chips in the oven as it cools down. This will allow them to reach maximum crunchiness. Store in an airtight container at room temperature for up to one week.

How can you tell if a mummy has a cold?



He starts coffin!



Just for Giggles!