



Halloween Safety

For many households, Halloween is a most exciting day of the year, what with the fun costumes and going trick or treating around the neighbourhood? I know the mood is no different for your family especially with Halloween around the corner.

While it is fun to get to dress up, hang out and later enjoy the candy, it may not be as fun to have to nurse some wounds or, worse still, rush to the ER in the middle of the night. Kids are most likely to get hurt during the day.

Here are 5 things you can check on to make sure everyone, especially children, is safe and enjoying Halloween as much as you are:

Secure railings – How secure are the railings outside your house? The trick-or-treating children (and even accompanying adults) will need the support of your railings while climbing up or down the steps or ramp to get to your front door. It is important to check and repair any rickety section to make sure it is secure in order to prevent any accidents.

Clear walkways – The excitement of trick-or-treating is usually almost euphoric and the children may be too busy counting candy to pay close attention to where they're going. Make sure you check through your yard and the pathways around for potential hazards like hoses, sprinklers, small stones and sticks. These could easily trip someone or get into the spokes of a wheelchair making movement difficult. If you have an irrigation (sprinkler) system, be sure to

turn it off so that your lawn and all day, and walkways dry well before the trick or treaters use them.

Safe costumes - When purchasing (fabric for making) a costume for your child, ensure it is flame resistant (check the label) fabric such as nylon or polyester. Make sure the costumes fit properly and are not baggy to reduce chances of sagging and coming into contact with candles and other fire sources and also avoid tripping and falling. Check that the knife or sword included in the costume is soft with a blunt end. Include reflective tape on your child's costume or treat bag to increase their visibility.

Masks – Masks are great, but they also end up blocking your vision. Instead of a face mask, you can use non-toxic face paint or even homemade paint for your child. Try a small area a few days earlier to confirm that there won't be an allergic reaction of the face paint.

Safe trick-or-treating – Make sure to go through the routine with your child on what they should do if they suspect they are lost. They can also wear a GPS tracking device or a Halloween safety tattoo to make them easier to find. Remind them to maintain safety when going through the neighbourhood, like walking (not running), staying on sidewalks, and keeping away from the streets.

Here's to a safe Halloween for you and your children!

News & Events

- **Movies in the Park: Hocus Pocus**
1909 Woodall Rodgers Freeway
Suite 403
Dallas, TX 75201
Saturday, October 29th 7-8:40 p.m.
From blockbusters to animated favorites, from musicals to comedies, you won't want to miss any of these fun, free, family-friendly flicks in our 2022 lineup. Grab a space on the lawn, enjoy a food truck picnic and let the cinematic fun begin.
For more information visit:
<http://klydewarrenpark.org/things-to-do/events/2022/hocus-pocus.html>
- **Pumpkin Fest**
Fridays through Sundays
October 7th- 23rd. Enjoy fall festivities with our very own pumpkin patch, photo -ops, and a Halloween-themed hike on the Meadowmere Park Trail. Meadowmere Park, 3000 Meadowmere Lane
For more info visit: <https://go-grapevine.com/event/pumpkin-fest/2022-10-07/>
- **Round Rock Chalk Walk Arts Festival**
October 7-8, 2022
3400 E Palm Valley Blvd, Round Rock, TX 78665
This is a FREE festival. No tickets required. Parking is FREE.
Features hundreds of artists, vendors, sponsors, local and regional musicians, theatrical performances, foods and drinks and a children's area with performances.
For more info visit: <https://austin-family.com/events/#/details/Round-Rock-Chalk-Walk-Arts-Festival/9774859/2022-10-08T09>

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

How to Prevent Skin Cancer in Children

Skin cancer is caused by overexposure to the sun where the UV rays damage DNA in the skin resulting in formation of abnormal cells. These cells divide abnormally to form cancer cells. Temperatures are extremely high at the moment, hitting highs of over 90 degrees in Texas, for example. So how can you ensure that your children are kept safe even as they play?

Exposure to sunlight: The sun is strongest between 10 a.m. and 4 p.m. If your children have to be out during this time, try and minimize the time they spend under direct sunlight and encourage them to play in the shade instead. Did you know that snow, sand and pavements reflect UV rays even under an umbrella, increasing chances of sunburn?

Sunscreen: If you can't minimize the length of time your children spend out in the sun, then invest in sunscreen with an SPF-30 or higher that protects against both UVA and UVB rays. This is best for children 6 months and older. Make sure you apply it to all areas of your child's body. Even if it's cloudy, keep applying the sunscreen every two hours.

Clothing: It is important that your child wears sun-protective clothing (UPF). Make sure their clothing covers most of the body and shades the face. You could also find them hats which provide shade for both the face, ears, and back of the neck.

Food for Thought



Pecan Pie Muffins

Ingredients

- 1 cup packed light brown sugar
- 1/2 cup all-purpose flour
- 2 cups chopped pecans
- 2/3 cup butter, softened
- 2 eggs, beaten

Directions

- Preheat oven to 350 degrees F. Grease mini or regular muffin cups generously. Grease them well or they will stick. In medium bowl, stir together brown sugar, flour and pecans. In a separate bowl, beat the butter and eggs together. Stir in dry ingredients just until combined.

- Spoon batter into muffin cups about 2/3 full. Bake for 12-13 minutes for mini muffins or 15-17 minutes for regular size muffins. Run a knife around the edge of each muffin and pop it out.

Enjoy!

*www.the-girl-who-ate-everything.com/pe-can-pie-muffins

Who won the skeleton beauty contest?



Nobody!



Just for Giggles!