



Halloween Allergies Anyone?

Halloween can be a scary time - especially for parents of children with allergies. One in thirteen children have a potentially life-threatening food allergy. Whether that's peanuts, wheat, eggs, or another allergen, Halloween candy can feel like a minefield of possible dangers. Here are some tips to make the holiday the fun type of spooky, not one that will leave children feeling left out, sad, or worse, sick.

Set expectations ahead of time

Kids are often happier and better behaved when they know what to expect when entering a situation. Trick-or-treating with kids with allergies makes this general rule even more true. Figure out what your game plan will be for trick-or-treating and walk your child through it several times before you get to the first door. For some children, a practice run might be helpful. Enlist some of your neighbors or friends to do a pre-Halloween enactment of how the actual night should go.

Look for the teal pumpkins

The Teal Pumpkin Project started in 2012 as a way to help families with allergies trick or treat safely on Halloween. The idea is to teal pumpkin signifies that a house is offering non-food treats in addition to candy on Halloween night. If you want to plan in advance, the Teal Pumpkin Project website has an interactive map feature where families can post where they will be handing out safe goodies. While the Teal Pumpkin Project started in Tennessee, it has

spread to all 50 states. Check to see if your community participates, or spearhead your own Teal Pumpkin initiative in your neighborhood! Painting a pumpkin teal could be a fun activity to do with your kids before Halloween, or you can download a sign from their website to put outside instead.

Start a new bewitching tradition

Instead of worrying about the candy as your child is receiving it, you could make a fun tradition of switching out candy for non-food prizes overnight. Similar to the Elf on the Shelf, some families have started hosting a "Switch Witch" at their houses during the Halloween season. After kids are done trick-or-treating, they can leave the candy they can't eat or don't want for the Switch Witch, who substitutes it for an exciting prize. This practice doesn't single out the kiddos with allergies. Your other children can also participate and it may result in less sugar being eaten by all the children - a win-win all around! Younger children with allergies may need help separating out the pieces they can't eat but older kids can likely do this on their own. If you're worried about the candy becoming too inter-mixed, you could carry a switch witch bag on Halloween in addition to the regular trick or treat carrier. Possibly problematic candy could be put straight into that bag to worry about at a later time, whereas definitely safe candy or non-food treats could go in the regular carrier.

How do you handle allergies on holidays?

News & Events

• Trunk or Treat (Hippie Halloween) - Plano

Free event. Wind Rose Academy's 6th annual community Halloween party is in the works!

October 21st at 2:00pm at 1717 W Plano Pkwy, Plano

Each year they host a party where kids and adults of all needs can come and have fun in a safe environment. Families with children or adults with Autism or any disability are encouraged to attend! They have trunk or treat, games, prizes, and photo ops all monitored by teachers and therapists. For more information visit <https://allevents.in/plano/6th-annual-trunk-or-treat/200024947523342>

• Fall Roundup at Historic Nash Farm - Grapevine

Free event. Coupons are required for some activities. Enjoy a family fall agriculture festival including a pumpkin patch, pie making, pony rides, and more.

October 14th from 10:00 a.m. to 2:00 p.m. at 626 Ball St., Grapevine
For more information visit www.grapevinetexasusa.com/event/fall-roundup/37464/

• Spooktacular - Austin

Free event. Enjoy a family-friendly Halloween celebration at the Bullock Museum that includes hands-on STEM activities, crafts, scavenger hunts, music, a costume contest, and more. October 27th from 5:00 p.m. to 8:00 p.m. 1800 Congress Ave., Austin. For more information visit www.thestoryoftexas.com/visit/calendar/education/spooktacular-20231027

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

Fun Fall Activities for the Kids

As the air turns cool, it's the ideal season to engage your children in outdoor activities that not only keep them active but also boost their well-being. Here's a list of invigorating fall activities to keep their spirits high and bodies healthy.

Leaf Pile Jumping: Rake up those fallen leaves into a big pile and let the kids jump in. It's a fun way to get them moving and helps improve their coordination.

Nature Scavenger Hunt: Equip your little explorers with a list of fall items to find, from acorns to pinecones. It's a delightful way to teach them about nature while getting some exercise.

Pumpkin Relay Races: Instead of carving, use those pumpkins for some friendly competition. Kids can race while balancing a small pumpkin on their heads or passing it back and forth.

Fall Hikes: Explore local trails adorned with autumn colors. Hiking is great for cardiovascular health and offers a serene way to connect with nature.

Outdoor Art: Collect fallen leaves, twigs, and seeds to create nature-inspired art pieces. This activity encourages creativity while enhancing fine motor skills.

Kite Flying: The breezy fall weather is perfect for flying kites. It's a joyful way to get kids running and enhances their hand-eye coordination.

By introducing these autumnal activities, you're ensuring your kids remain active, healthy, and connected to the beauty of the season. So, put on those cozy sweaters and embark on some unforgettable fall adventures!

Food for Thought



Baked Cinnamon Apple Chips

Ingredients

4 McIntosh apples (cored and sliced to 1/8 to 1/4 inch thick)
2 teaspoons of ground cinnamon
1 teaspoon granulated sugar
Cooking Spray

Directions:

- Preheat oven to 200 degrees Fahrenheit
- Add the sliced apples to a large bowl; then coat the apples with the cinnamon and/or sugar.
- Spray a baking sheet with cooking spray or line one with parchment paper; then line the apples flat on the pan.
- Bake 2-3 hours until the chips are dry yet still a bit soft.
- Allow to cool completely before placing them in an air tight container for up to 4 days (if they last that long!).

Enjoy!

[*www.carriesexperimentalkitchen.com/cinnamon-apple-chips/](http://www.carriesexperimentalkitchen.com/cinnamon-apple-chips/)

What's a skeleton's least favorite room in the house?



The living room!



Just for Giggles!