



LYSB'S GROWING TREE



OCTOBER 2020 • EARLY CHILDHOOD NEWSLETTER



LYSB Early Childhood Programs

Registration is now open!

Mondays

Infant and Baby Massage: Oct. 19 & 26 from 10-11a.m.
Fall Sensory Crafts: Nov. 9, 16, and Dec. 7 from 10-11 a.m.

Tuesdays:

Turkey Handprint Cookie Decorating: Nov. 17 from 10-11a.m.
Hot Cocoa Reindeer Crafting: Dec. 1 from 10-11a.m.

Wednesdays:

Busy Bags: Nov. 4, 11, 18, Dec. 2 from 10-11 a.m.

Thursdays:

Cozy Autumn Play: Nov. , 12, 19, Dec. 3 from 10-11 a.m.

Fridays:

Salt Dough Potpourri Pies: Nov. 6 from 10-11 a.m.

More Info & Register at www.lysb.org
all programs held indoors with COVID protocols



Pumpkin Carving Tricks!

- Use a cookie cutter! Hammer it into the pumpkin and use it as a stencil or hammer it all the way through.
- Petroleum jelly! Once you finish carving, coat the inside of your pumpkin with it & it will help you preserve your jack o' lanterns.
- Dry Erase Markers! Use them to sketch your designs before carving. They wipe clean when you're done.
- Add a notch! Make a v-shaped notch at the top of your pumpkin and cut the top at an angle. That way you always know which way to put the top back on and the lid won't fall into your pumpkin.
- Use an ice cream scoop! Ditch the hands or spoons method and use an ice cream scoop to clean out your pumpkins.
- Use a thumbtack when following a difficult pattern. Print out your design and tape it to your pumpkin. Make holes using your thumbtack along the pattern lines.

STRESS HAPPENS.

#undeniabletruth is the antidote

Parent Workshop Series with "The Burnout Professor" Erica Cuni, LMFT

Wednesday, October 19 at 7:00 p.m. • Effects of Stress • Calming Strategies

Thursday, November 5 at 7:00 p.m. • Building Self-Esteem

Tuesday, November 17, 7:00 p.m. • Helping Your Child Overcome Fear & Anxiety

Thursday, December 3, 7:00 p.m. • Building Stronger Connections in Your Home

All workshops held on Zoom. Register at www.lysb.org Free, for all ages.





Pumpkin Chocolate Chip Muffins

Ingredients:

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|------------------------------|--|
| -1 cup pumpkin puree | 1-2 cups oat flour , loosely scooped, not packed. |
| -1/2 cup coconut oil, melted | -1 tsp baking powder |
| -2 eggs | -1/2 tsp baking soda |
| -1/3 cup maple syrup | -1/2 tsp salt |
| -1 tsp vanilla | Optional: chocolate chips or chopped pecans – about 1 cup. |
| -2 tsp pumpkin pie spice | |

Directions:

Preheat oven to 350F and line a muffin tin with liners and nonstick spray. In a large bowl, whisk pumpkin, coconut oil, eggs, maple syrup, and vanilla until well combined. In a small bowl, mix oat flour, baking powder, baking soda, salt and pumpkin pie spice. Add dry ingredients to wet and stir until combined. Stir in any mix-ins. Scoop into muffin tin and bake for about 22 minutes or until toothpick inserted comes out clean. Enjoy! *Source: erinliveswhole.com*



THINGS TO DO SPOTLIGHT: Ray of Light Not-So-Scary Halloween Drive Thru

Drive through dates are:

October 9th, 10th, 16th, 17th, 23rd & 24th

Times: Between 5:45pm - 8:00pm

Price: \$5/person

An experience designed for young children, but fun for all ages! Come see our magical Pony Trail, decorated & lit up for Halloween! You will find all sorts of exciting sights on the way, as well as our human characters dressed to the occasion! Candy will be passed out to the little visiting goblins. This will be a fun event, daylight and in the dark. Only difference is, you'll see all the beautiful lights in the dark. Makes it a bit more exciting, doesn't it?

Visit www.rayoflightfarm.org/not-so-scary-hayrides to purchase tickets!



Celebrating Halloween during the Pandemic

The CDC released their guidelines for celebrating Halloween this year in light of the COVID 19 pandemic. Here are some of the takeaways:

Low Risk Activities:

- Pumpkin carving contest with neighbors.
- Families drive by each house to see each household's carvings on display
- Scavenger hunt trick or treating at home with members of your household
- Family Halloween movie night
- Decorating your home

Moderate Risk Activities:

- Outdoor Scavenger Hunt Trick or Treating: neighbors can leave goodie bags outside their homes, keeping in mind social distancing. Those who make the goodie bags should wash their hands with soap and water for at least 20 seconds.
- A small group, socially distanced, open air costume parade or scavenger hunt.



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