

LEWIS COUNTY EARLY HEAD START

EHS Family Togetherness October 2024



\$un	Mon	Tue	Wed	Thu	Fri	\$at
		1 Read a book about Fall together.	2 Make a sensory bin with leaves in it.	3 Trace your child's hands/feet.	4 Have a family game night.	5 Rake leaves and jump in them.
6 Have a family day without phones and tablets.	7 Go on a nature walk at the DEC in Dadville.	8 Use pots and pans as musical instruments.	9 Visit your local library.	10 Attend the Family Fun Event at Bethel Church from 4:30-6:30!	11 Find red leaves outside.	12 Decorate pumpkins together.
13 Make homemade applesauce together. (recipe on back)	14 Listen to music together.	15 Prepare a meal together as a family.	16 Toss a ball or rolled sock into a basket.	17 Play "pat a cake" with your child.	18 Find orange leaves outside.	Color on a vertical surface by taping paper to a wall or fridge.
20 Make sock puppets.	21 Try a new food.	Make an obstacle course with pillows, chairs, etc.	Practice brushing teeth.	24 Look through a book/magazine w/ your child and talk about what you see!	25 Find yellow leaves outside.	Paint leaves or use them as stamps.
Turn off the TV for the day.	28 Practice handwashing.	Make Halloween masks out of paper plates.	30 Sing "itsy bitsy spider" together.	31 Dress up in costume.		

Twinkle, twinkle, little star,

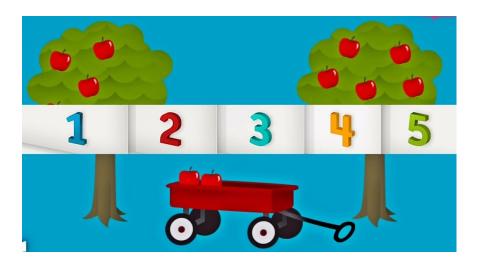
How I wonder what you are.

Up above the world so high,

Like a diamond in the sky.

October is National Apple Month!!

Have fun counting the apples on each tree and in the wagon!





Homemade Applesauce

Ingredients:

-3 lbs. Apples-1 cup Water-2 tbsp. Lemon Juice-2 tsp. Cinnamon

Instructions:

- Peel, core and slice apples into small chunks. Transfer to a large sauce pan or pot.
- Add water, lemon juice and cinnamon. Bring to a boil over high heat, then reduce heat to low, cover and let simmer until apples are soft.
- 3) Use a hand masher to mix applesauce or for a smoother applesauce, use a food processor, blender or immersion blender.
- 4) Let cool, serve and enjoy!