

Halloween Tips to Help Kids Grow Up Great

Halloween may look different this year, but we can still do our part to help kids grow up great! Here are 8 tips to help build Developmental Assets®—the skills, experiences, relationships, and behaviours that kids need to succeed—with neighbourhood children when they come trick-or-treating.



Tip #1: Light up your front door to indicate a welcoming and safe place.

Tip #2: Make all trick-or-treaters feel special and welcome. Find something to comment on in how they're dressed. Be wowed by pretty princesses and scared by goblins.

Tip #3: Greet those you know by name. If you recognize youth from your neighbourhood but don't know their names, ask, and tell them yours.

Tip #4: Share treats that reflect your culture or values.

Tip #5: Get together with neighbours to decorate safely outside.

Tip #6: When youth that you know arrive, make a fuss about them coming and compliment their costume.

Tip #7: Remember to greet kids the next day, when they don't have costumes on!

Tip #8: Welcome older kids when they come to your door - they are, after all, still kids.

Try these Spooktacular healthy recipes this Halloween!



Mummy Toast

You will need:

Whole wheat bread slices

Tomato sauce

Toaster oven

Instructions:

1. Spread some tomato sauce on a slice of whole wheat bread.
2. Cut a few slices of mozzarella cheese and lay them over the tomato sauce.
3. Add olives for the eyes and cook in a toaster oven for a few minutes.
4. Add olives for the eyes

Mozzarella cheese slices

Olives



Modified recipe from: <https://kidsactivitiesblog.com/18984/halloween-food-ideas-snack/>



Jack 'O Lantern Quesadillas



You will need:

Small whole wheat tortillas (you need two for each quesadilla)

Shredded cheddar cheese

Pumpkin cookie cutter (optional)

Small knife

Any other mix-ins you would like

Hot pan or grill

Instructions:

1. If using a pumpkin cookie cutter, use it to cut pumpkin shapes out of the tortillas.
2. On one tortilla, cut out a jack 'o lantern face using a knife.
3. Place uncut tortilla onto a hot pan or grill. Add cheese and let it melt. While the cheese melts, warm up the tortilla with the face.
4. Once cheese is melted, place the warm tortilla with the face on

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Monster Teeth



Spread peanut butter (or other seed/nut butter of choice) on two apple slices. Place a row of marshmallows on one slice. Press firmly with another slice.
<https://bit.ly/32UUHtg>

Fruit Pumpkin



Peel a mandarin orange and insert a small slice of celery at the center.
<https://bit.ly/32UUHtg>

Boonanas



Use chocolate chips or raisins to make eyes and mouth on banana halves.
<https://bit.ly/32UUHtg>

