Grandparents,

Welcome to fall and cooler weather! Along with cooler weather, the fall season brings us several opportunities to remind ourselves about safety. I have included some ideas to make this season a safe one! Look for community opportunities to celebrate this season with your family.

Here’s to family!

Christy Strickland
Christy S. Strickland
Extension Agent
Family and Consumer Sciences

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**REMINDER**

**ROBESON COUNTY GRANDPARENTS RAISING GRANDCHILDREN SUPPORT GROUP MEETING**

Please join us on Wednesday, October 18, from 10 a.m. to 12 noon at the O. P. Owens Agriculture Center, Highway 72 West, Lumberton. A sponsored meal will be provided following the meeting. This meeting is sponsored by the Robeson County Center of the North Carolina Cooperative Extension Service and the Family Caregiver Support Program at the Lumber River Council of Government. For more information contact me at the Cooperative Extension Service at 671-3276. Individuals with disabilities and/or special needs interested in this meeting should call so proper arrangements can be made.

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**RED CROSS HALLOWEEN SAFETY TIPS FOR KIDS AND ADULTS**

With witches, goblins, and super-heroes descending on neighborhoods across America, the American Red Cross offers parents some safety tips to help prepare their children for a safe and enjoyable trick-or-treat holiday. Halloween should be filled with surprise and enjoyment, and following some commonsense practices can keep events safer and more fun.
Walk, slither, and sneak on sidewalks - not in the street.
Look both ways before crossing the street to check for cars, trucks, and low-flying brooms.
Cross the street only at corners.
Don't hide or cross the street between parked cars.
Wear light-colored or reflective-type clothing, so you are more visible. And remember to put reflective tape on bikes, skateboards, and brooms, too!
Plan your route and share it with your family. If possible, have an adult go with you.
Carry a flashlight to light your way.
Keep away from open fires and candles. (Costumes can be extremely flammable.)
Visit homes that have the porch light on.
Accept your treats at the door and never go into a stranger's house.
Use face paint rather than masks or things that will cover your eyes.
Be cautious of animals and strangers.
Have a grown-up inspect your treats before eating. And don't eat candy if the package is already opened. Small, hard pieces of candy are a choking hazard for young children.

GOOD ADVICE FOR PARENTS OF TEENS

A juvenile probation officer in Texas actually interviewed teens on their way to reform school and asked them, “What could your parents have done to help you?” Here are the top ten responses:

1. Parents, keep your cool. Stay calm and don’t lose your temper.
2. Parents, do not get hung up on jobs or activities that keep you away from home. Keep in touch somehow and be around to supervise your children.
3. Parents, stay away from alcohol and drugs (even things like sleeping pills).
4. Parents, use strict, loving discipline. Show the kids who is boss; they really do want it this way, even though they may complain.
5. Parents, keep your dignity. Don’t try to dress, act, or swing like the teens do.
6. Parents, show your children your faith. Give them the security of a living faith.
7. Parents, share your kids’ problems. Talk to them about morals, life, love, eternity, beauty, peace of mind, and values. Help them believe that the world is a good place in which to live.
8. Parents, punish when your child first goes wrong, tell them why, and convince them that more severe measures will come if it happens again. But don’t punish in anger.
9. Parents, call your kids’ bluffs. Stand firm on what is right, even when the kid threatens to run away, become a delinquent, or drop out of school. Hang in there and the bluffing will cease in 98 percent of the cases.
10. Parents, be honest with your kids. Tell the truth all the time. Praise them when you see them being good.

And last but not least . . . Always let your kids know that you love them no matter what. You can’t remind them of this too often.
10 Tips for Fire Safety

1. **Install Smoke Detectors** -- Working smoke detectors can alert you to a fire in your home in time for you to escape, even if you are sleeping. Install smoke detectors on every level of your home, including the basement, and outside each sleeping area. If you sleep with the door closed, install one inside your sleeping area as well. Test detectors every month, following the manufacturer's directions, and replace batteries once a year or whenever a detector "chirps" to signal low battery power. Never "borrow" a smoke detector's battery for another use - a disabled detector can't save your life. Replace detectors that are more than 10 years old.

2. **Plan Your Escape From Fire** -- If a fire breaks out in your home, you have to get out fast. Prepare for a fire emergency by sitting down with your family and agreeing on an escape plan. Be sure that everyone knows at least two unobstructed exits - doors and windows - from every room. (If you live in an apartment building, do not include elevators in your escape plan.) Decide on a meeting place outside where everyone will meet after they escape. Have your entire household practice your escape plan at least twice a year.

3. **Keep An Eye On Smokers** -- Careless smoking is the leading cause of fire deaths in North America. Smoking in bed or when you are drowsy could be deadly. Provide smokers with large, deep non-tip ashtrays and soak butts with water before discarding them. Before going to bed or leaving home after someone has been smoking, check under and around cushions and upholstered furniture for smoldering cigarettes.

4. **Cook Carefully** -- Never leave cooking unattended. Keep cooking areas clear of combustibles and wear clothes with short, rolled-up or tight-fitting sleeves when you cook. Turn pot handles inward on the stove where you can't bump them and children can't grab them. Enforce a "Kid-Free Zone" three feet (one meter) around your kitchen stove. If grease catches fire in a pan, slide a lid over the pan to smother the flames and turn off the heat. Leave the lid on until cool.

5. **Give Space Heaters Space** -- Keep portable heaters and space heaters at least three feet from anything that can burn. Keep children and pets away from heaters, and never leave heaters on when you leave home or go to bed.

6. **Remember: Matches And Lighters Are Tools, Not Toys** -- In a child's hand, matches and lighters can be deadly. Use only child-resistant lighters, and store all matches and lighters up high where small children can't see or reach them, preferably in a locked cabinet. Teach your children that matches and lighters are tools, not toys, and should be used only by adults or with adult supervision. Teach young children to tell a grown-up if they find matches or lighters; older children should bring matches or lighters to an adult immediately.

7. **Cool A Burn** -- Run cool water over a burn for 10 to 15 minutes. Never put butter or any grease on a burn. If the burned skin blisters or is charred, see a doctor immediately. Never use ice.

8. **Use Electricity Safely** -- If an electrical appliance smokes or has an unusual smell, unplug it immediately, then have it serviced before using it again. Replace any electrical cord that is cracked or frayed. Don't overload extension cords or run them under rugs. Don't tamper with your fuse box or use improper size fuses.

9. **Crawl Low Under Smoke** -- During a fire, smoke and poisonous gases rise with the heat. The air is cleaner near the floor. If you encounter smoke while you are escaping from a fire, use an alternate escape route.

10. **Stop, Drop, and Roll** -- If your clothes catch fire, don't run. Stop where you are, drop to the ground, cover your face with your hands, and roll over and over to smother the flames.
# Dates to Remember

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<tr>
<th>School Calendar Dates</th>
<th>Other Dates in October</th>
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<tr>
<td>October 27</td>
<td>16  National Boss Day</td>
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<td>22  Mother-in-Law Day</td>
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<td>November 2</td>
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<td>November 22-24</td>
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Don’t forget to ask your student each day to tell you something they learned at school!

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### Newsletters and Web Pages

If you would like to receive newsletters from us periodically, give us a call at 671-3276, and we'll add you to our mailing lists.

Check out the endless amount of information you can find on our web site at:

http://robeson.ces.ncsu.edu

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Happy Halloween