

# 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

Whole wheat bread slices

Tomato sauce

Toaster oven Instructions:

Mozzarella cheese slices

Olives



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.



## Jack 'O Lantern Quesadillas



Ingredients:

whole wheat tortillas (you need two for each quesadilla)

shredded cheddar cheese

pumpkin cookie cutter (optional)

small knife

hot pan or grill

Instructions:

1. If using a pumpkin cookie cutter, cut pumpkin shapes out of the tortillas.
2. Place one tortilla on a hot pan/grill, adding shredded cheese on top.
3. On second tortilla, use a small knife to cut Jack 'O Lantern face and place on top of melted cheese. Flip briefly to warm.
4. Enjoy

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



## 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>

