



## Info P'tit Bonheur

It's already the month of October. Whoever says October says HALLOWEEN!! Here's a little information about Halloween.

**Most of the children I know love to dress up and every child I know loves candy. That puts Halloween high on the ladder of favorite holidays!**

For some parents, on the other hand, it means having to deal with a little monster or princess (I'm talking about the disguise, of course) and their bag full of candy. Not to mention the overdose of sugar that threatens to spoil your daily efforts to feed them well.

First, rest assured that no matter how many treats your child eats on October 31st, it won't be enough to spoil your efforts to feed them well. The nutritious and varied foods that you cook from day to day have a much bigger impact on their health.

Provided, of course, that he doesn't eat candy every day until he has emptied his stash! So here's how you can manage candy without spoiling their pleasure or their health.

### Candy = brushing

No matter where the sugar comes from and how much it costs, it encourages tooth decay-causing bacteria in the same way. Remember to brush their teeth every time your child bites, sucks or chews on candy.

Source : Naitre et grandir

## Food Allergies ...

**Between 6 and 8 % of Quebec children (under the age of 18) have a food allergy**

### The most common allergies in children:

Milk, eggs and peanuts, but also ...  
Soy, sesame, wheat, gluten, fish, shellfish

Source : Maman pour la vie, 2014



### Tips to outsmart them (even if they are impossible to avoid completely):

- Check the ingredient list when buying foods
- Choose brands recognized for their non-allergenic properties
- Plan ahead so as not to be caught off guard; always bring a snack
- Avoid cross-contamination (clean surfaces thoroughly when changing foods, avoid recipes containing more than one allergen)
- View recipes online containing the list of ingredients

Source: Maman pour la vie, 2014

## Halloween: 10 safety rules [spvm.qc.ca](http://spvm.qc.ca)

1. Wear short clothing to avoid tripping.
2. Wear a disguise in light colors and / or fluorescent bands.
3. Inform parents of the route and expected time of return.
4. Keep a lit flashlight in hand for easier visibility.
5. Do not wear a mask; choose makeup instead.
6. Travel in groups with a responsible adult and stay outside the houses you visit.
7. Walk only on one side of the street at a time.
8. Cross at intersections and obey traffic lights.
9. Do not speak or get into a vehicle without the permission of a responsible adult.
10. Avoid eating treats while out; they should be checked out by a parent first.



## Halloween related activities

### 1. Candy hunt around the house:

Nothing rocket science here: candy is spread out over the family home. You can decorate some rooms in the house and wait for your children to come and "ring".

### 2. Haunted trail in the house or yard:

The more motivated can, as a family, organize a scary relay, a frightening obstacle course, a thematic dinner, etc.

### 3. Bat making

- Step 1. Fold black paper in half and cut out the wings in the shape of a **bat**.
- Step 2. Staple the wings to a black painted toilet paper roll.
- Step 3. Fold the top of the roller to form the top of the head.
- Step 4. Glue the eyes and teeth on the **bat**.

Source : [vifamagazine.ca](http://vifamagazine.ca) / [www.hugolescargot.com](http://www.hugolescargot.com)

## Chansons pour Halloween

### OLD WITCH

(TO THE TUNE OF FRERE JACQUES)

OLD WITCH, OLD WITCH  
WHAT ARE YOU DOING, WHAT ARE YOU  
DOING?  
I EAT PUMPKINS  
I EAT PUMPKINS  
CRIC, CRAC CROC, CRIC, CRAC CROC



### Halloween Song

Walk, walk, like a ghost (x3) on Halloween  
Fly, fly, like a witch (x3) on Halloween  
Hop, hop, like a cat (x3) on Halloween  
Smile, smile, like a pumpkin (x3) on Halloween !

Source : <http://info-garderie.blogspot.com>

Hello, my name is Marie-Paule and I am very happy to replace Jolianne in the P'tit Bonheur program. I have been at the Volunteer Action Center since September 20th. It is with great pleasure that I welcome you to share your requests and needs with me at the P'tit Bonheur parental support service. I am in the office Monday to Thursday from 8 a.m. to 12 p.m. and from 1 p.m. to 4 p.m.

Thank you

**Marie-Paule Allain Castilloux**



### The P'tit Bonheur program

Being a parent is wonderful and terrifying at the same time. At P'tit Bonheur we hope to make this reality as pleasant and happy as possible. We offer families of children aged 0 to 6 years of age various services to support them in this great adventure.

- **Respite care** for children from birth to six months, or more depending on the situation.
- Psychological **support** and small technical **advice** (through friendly calls and / or home visits).
- **Rental of safety equipment** for babies and children, as well as loan or donation of educational toys.
- **Clothing assistance** for babies and children, **food assistance** (pre-selected), milk, diapers and hygiene products: on individual request.
- **Transport- Accompaniment** services: for medical and / or social visits upon referral.

These services are offered to families living in the Saint-Siméon to Port-Daniel territory inclusively.

**Schedule: Monday to Thursday 8 a.m. to 12 p.m. - 1 p.m. to 4 p.m**

**Demeurer bien informé est la meilleure des solutions !**



**CENTRE D'ACTION  
BÉNÉVOLE**  
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