



Prepared parents. Healthy families.
Padres preparados. Familias saludables.

Parent Newsletter October 2026

Fall Fun with Your Little Ones

Crisp air, colorful leaves, pumpkins, and cozy sweaters—fall is here!

For families with babies, toddlers, and young children, fall can be full of fun. But a first Halloween or a busy fall event can also feel like a lot for little ones.

Here are some simple ways to make the season **safe, comfortable, and fun for the whole family.**

Costume Comfort Comes First

Fall weather can change quickly. Keep your little one cozy and comfortable with these simple tips:

- **Leave room for layers.** Choose a costume with enough space for a warm jacket or fleece underneath.
- **Check the weather.** Dress your child for the temperature, especially if you'll be outside after dark.
- **Pack a backup outfit.** Diaper leaks, spills, and potty-training accidents happen!
- **Make bathroom trips easy.** If your child is potty training, choose a costume that is easy to get on and off.
- **Choose safe shoes.** Comfortable, well-fitting shoes make it easier for little feet to walk and play.
- **Check the length.** Shorten long capes, dresses, or pants that could cause trips.
- **Skip full masks.** Masks can make it hard to see and may make children too hot. Try gentle face paint or a soft hood instead.
- **Check the fabric.** Look for costumes marked **flame-resistant**, especially around candlelit pumpkins.



Light Up the Night

Halloween brings lots of people and cars out after dark. Help drivers see your family:

- Add **reflective tape** to costumes and treat bags.
- Carry a bright flashlight or clip-on safety light.
- Use sidewalks when they are available.
- On roads without sidewalks, walk on the **far-left side, facing traffic.**
- On dark rural roads, consider driving directly to well-lit homes instead of walking along the road.

And don't forget about pets! Costumes and doorbells can scare some animals.

Teach children to ask before petting an animal and give barking or upset dogs plenty of space.



Keep Pumpkins Safe

Pumpkin decorating is part of the fun! Keep little ones safe around candles and other flames.

- Consider battery-powered lights instead of real candles.
- Keep lit pumpkins where children cannot reach them.
- Never leave a candle or lit pumpkin unattended.

Help Your Child Know What to Expect

Halloween can bring lots of new sights, sounds, and experiences. Talking about what to expect and practicing a few things ahead of time can help your child feel more comfortable and ready for the fun.

- **Read a Halloween book.**
Remind your child that costumes are pretend.
- **Practice at home.**
Pretend to walk to the door, wait your turn, take one treat, say “thank you,” and come back to you.
- **Practice giving people space.**
Help your child learn to wait behind other children instead of pushing ahead.
- **Bring something familiar.**
A favorite small toy, stuffed animal, blanket, or pacifier can help your child feel more comfortable in a busy or unfamiliar place.
- **Watch for signs that they’ve had enough.**
Crankiness, slowing down, or extra silliness

may mean it is time for a break—or time to go home.

- **It is always okay to end the night early.** A short, happy outing can be better than pushing through a tired meltdown.

Halloween Doesn't Have to Be at Night

If trick-or-treating is too late or too much for your little one, there are plenty of other ways to celebrate.

- Go trick-or-treating early, while it is still light.
- Visit a pumpkin patch or daytime fall event.
- Have a pumpkin hunt at home.
- Let your child help hand out treats from the porch.
- Keep your normal bedtime routine when your child needs it.
- Have a sleeping baby? Try putting a “Sleeping Baby—Please Knock Gently!” sign over your doorbell.

And remember: **you don't have to celebrate Halloween the usual way.** A fall walk, pumpkin decorating, story time, or small family celebration can be just as special.



A Note About Treats

Young children need a little extra care around Halloween candy.

Avoid choking hazards such as hard candy, sticky gummies, taffy, popcorn, jelly beans, gum, and whole nuts.

Have kids **wait until they are home and sitting down** before eating treats. Check candy before offering it to your child.

For babies 6 months and older, soft pumpkin, sweet potato, butternut squash or applesauce can be a festive fall food.

Don't forget those little teeth! After enjoying treats, help your child brush their teeth. Brushing before bedtime is especially important after a night of Halloween fun.

What If Halloween Scares Your Child?

Some children love spooky decorations. Others don't—and that's okay!

If your child gets scared, try saying: "That noise was loud, but you're safe with me."

Then move somewhere quiet, offer a hug, and take three slow "pumpkin breaths" together.

If your child wants to go home, that's okay, too. They'll have plenty of chances to try again as they grow.

Wishing your family a cozy, safe, and happy fall!



Looking for pumpkin patches, costume events, harvest festivals, and other family activities?

Pollywog's Community Events Calendar has you covered!

Finding affordable, family-friendly events is now easier than ever! Search by city or date to find fun near you, then subscribe so you never miss an event. Find family events at pollywogfamily.org/communityevents



Pollywog's Community Events Calendar has you covered!

Finding affordable, family-friendly events is now easier than ever! Search by city or date to find fun near you, then subscribe so you never miss an event.

Scan to See What's Happening!

Point your phone camera at the code to view the calendar. Or visit:

pollywogfamily.org/communityevents



Coming in November

The Pollywog Holiday Resource Guide will be available in the first week of November.

It will include information about food, holiday meals, gifts, clothing, and other holiday resources in Linn, Benton, and Lincoln counties.

We're here to help your family enjoy the season—and find support when you need it.

 [Pollywog Facebook](#)

 [Pollywog Website](#)

 [Pollywog Instagram](#)

 [Pollywog YouTube](#)

Pollywog Family
6500 Pacific Blvd. SW, LM-132
Albany, OR 97321
541-917-4884, pollywogfamily.org

Copyright © Pollywog 2017, All rights reserved.