



October

October is Fire Safety Month

- ~Teach the "Stop, Drop, & Roll" procedure: If a child's clothing catches on fire, they should stop, drop to the ground, roll over to smother the flames, and then cool the burned area with water.
- ~Teach the "Crawl Low Under Smoke" procedure: If there is smoke in the area, children should crawl low to the ground.
- ~Teach safety messages: Children should learn messages like "Touching something hot can hurt a lot," "Hot, hot, stay away," and "Don't touch, tell a grown up".
- ~Create a fire escape plan: Make a plan for escaping a fire and practice it with your family.
- ~Keep matches and lighters out of reach: Keep matches, lighters, and other flammable materials in a secure location that children can't reach.

National Book Month

October Is National Book Month: Inspire a Love of Reading in Your Child. National Book Month is celebrated in October each year to promote the importance of reading.

Reading is a fundamental skill that everyone should develop, but it is especially important for children.

Concerns with your child's Mental Health?

- ~Talk with others who interact with your child, such as their teacher or caregivers.
- ~Consult your child's healthcare provider.
- ~Ask about a referral to a mental health professional.

Early Childhood Division

<https://www.cenclear.org>

