



Quick Tip's & Ideas For a Safe & Spook-a-licious Halloween!

Brought to you by: Lisa M Cope or One of her Kind and Generous Friends!
Because we want to help you and your family to have a 'scary' good time this Halloween!
Please feel free to share this with your favorite ghost and goblin friends!

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A Little Halloween History

With brilliantly colored leaves falling and cool crisp autumn nights, Halloween can be a fun time that produces wonderful memories for you and your family.

The traditional Halloween celebrations come round every October 31st, and these days those who enjoy the festivities the most are the children. Halloween is a time to dress up in fancy dress and take to the streets trick or treating.

**Some families go to a lot of time and trouble
decorating their homes and front yards in ghostly garb!**



Halloween is a traditional Celtic festival that originated in Ireland, Scotland and Wales to mark the end of summer harvest and the beginning of the winter months. From there, Halloween has spread around the world, most notably to America.

Since its origination it has transformed. Adapting to different cultures, religions and going by many different names like; All Saints Day, All Hallows Eve, All Soul's Day, Hallow E'en, just to name a few. Finally it just became Halloween!

Traditional Halloween celebrations were a community event, and there was usually a bonfire and fun games. Imagine a time when the apple harvest was in full swing, and everyone laughing and games like trying to eat an apple hanging from a tree on a string or bobbing for one floating in a barrel of water without using your hands.



Children would go from door to door to gather fruit, nuts and other goodies for the festivities, which was the origin of the "trick or treating" visits of today. In most places, especially in Scotland, the children would sing or put on a performance in return for the treats they collected. Today the treats collected are more likely to be candies and sweets, and sometimes money.

Halloween "tricks" were originally secret and often witty pranks played on unsuspecting adults by children, with the blame being placed on the mischievous spirits that were said to be afoot on Halloween night!

Halloween Costumes

We all want to make sure that our children have a safe and happy Halloween!

So it is up to us parents to incorporate as many of safety tips as possible. That way everyone can have a fun filled evening full of yummy candy without the worry and fear that keeps some people from letting their children from participating in the holiday!



Selecting a costume is one of the most important things to consider. You should pick a costume with material that is flame retardant. Even though many people light their jack-o-lanterns with other less dangerous methods, some people still use the traditional candle.

If a pumpkin should get knocked over or your child somehow gets too close to an open flame, a fire resistant costume could help prevent a disaster.

The material should also be either light in color or brightly colored, so your child can be seen easier in the dark.

You could also place reflective tape on the costume or sew a glow stick or two on it. The costume should also fit properly and be several inches above the ankles, as you do not want your child tripping over it. In addition, make sure their shoes fit well to prevent stumbling or getting blisters. I know it may not be as cool as wearing princess high heels or monster boots but it's better than having to go home early with a skinned knee!

Sure you can go out and buy a costume, but you can also save some money and let your creative side show by making your own ghoulish or glittering garb! Encourage the kids to get involved and will make it fun for all of you!

Here are some great ideas:

A Tourist - A Hawaiian shirt, bermuda shorts, a visor, a camera and some flip flops will do the trick!

A Gypsy- Girls: layer two or three skirts on top of each other, with a peasant blouse and lots of jewelry.

Guys: loose pants tucked into to your boots, a shirt unbuttoned to reveal several gold necklaces a scarf around your head and another around your waist.

A Pirate – Put bandana around your head. Boots or boot tops made with dark fabric around your lower leg.

Girls- wear a skirt with a ragged bottom and a peasant blouse.

Boy's- tuck loose pants into your boots, or cut the bottom into a ragged edge, a loose shirt unbuttoned at the top, with a vest and a piece of fabric around your waist for a belt.

Cowboy- a pair of jeans, western style plaid shirt, boots and a cowboy hat. You can accessorize with a lasso, bandana, chaps or vest add.

Nerd: Get clothes a size too small, button your shirt all the way, and pull your pants up too high. Add white socks, funny shoes, a pocket protector and some funny glasses.

Those are just a few to get your creative juices flowing. There are so many good costume ideas like, a ghost, fairy, fireman, superman, wonder woman and so on. Just use your imagination and if you get stuck for ideas do a search online and you will have no problem coming up with the perfect costume idea!

Halloween Makeup



Let's face it... Kids want to look their scariest on Halloween, but parents can, and should, be wary of letting their children go out wearing masks that can make it difficult to see approaching cars and other dangerous objects.

For better vision, try to opt for non-toxic hypoallergenic face makeup as opposed to a mask.

However, if you cannot get away with makeup, then find a mask with large eye holes that will not impair your child's vision. Advise your child to remove the mask in between house stops and only place the mask back on when at the door.

Makeup is a safer and more comfortable option, but many people are under the opinion that it's expensive and difficult to do. Nothing could be further from the truth.

You don't need a fancy makeup kit to transform your child's adorable face into a spooky creature or critter this Halloween. In fact, most households probably already have most of the items you will need to create a "spooktacular" Halloween makeup kit.

Here are a few homemade makeup tips to help you complete the perfect Halloween costume:

Facial Hair

Use a wet sponge to apply cake mascara or dark eye shadow to create sideburns, mustaches, and other facial hair. Apply sparingly over the whole face to darken your child's complexion.

Create a bushy mustache or flowing beard from crepe wool (also known as crepe hair) or yarn. Unbraid and frizz it up a bit for best results. You can use a safe mixture of flour and water to apply the 'hair' to your child's skin. It will wash off easily at the end of the night.

Making Hair Disappear

Make new eyebrows for your child by hiding the old ones with multiple applications of a thick paste made from facial bar soap and water. Cover the paste with foundation and draw new shapes wherever you want them. It washes off nicely too!

Going Bald

If you forgot to pick up a skull cap, the end of an old nylon can create a fairly good effect. Glue on some crepe wool or yarn to create a custom wig.

White as a Ghost

Mix together white chalk with shortening from your kitchen cupboard, and apply to your child's face to give her a ghostly complexion.

Frankenstein Neck Bolts

Paint Styrofoam packing peanuts with a black watercolor paint and stick to your child's neck with a flour and water mixture for a great neck bolt effect.

Wounds

Mix lipstick and yellow and green eye shadow to create bruises.

For a festering wound, coat the area of the wound with baking soda, then use a spray bottle to very lightly spray with vinegar. If let dry, the bubbling sore will stay till washed off.

When the night is over, and it's time for your monsters to return to their less ghoulish selves, baby shampoo will remove the glue and makeup easily and gently.



Jack-O-Lanterns

Carving the pumpkin can be a terrific family activity. Even though there are pumpkin carving kits available that are somewhat safer, it is still best to have an adult do the actual carving. Let your child join in by scooping out all of the pumpkin seeds of the draw the face.

To avoid potential disaster don't light your jack-o-lantern with a candle. Instead you can use specially made battery powered lights that you can find at your local department store. They do the job just as well.

When you're carving your Halloween pumpkins, don't throw away the seeds! Roasted pumpkin seeds have a nutty flavor that your kids will love and they are packed with protein and fiber.

It's easy! Just rinse pumpkin seeds under cold water; pick out the pulp and strings, then place them in a single layer on an oiled baking sheet, stirring to coat. Sprinkle them with salt or another seasoning if you prefer and bake at 325 degrees until toasted. It takes about 25 minutes and you will want to check and stir them after about 10 minutes in the oven! YUM!

Preparing for Halloween Night



Dish up a hearty dinner for your little goblins before unleashing them out on the neighborhood. With some luck, this will help suppress the temptation to eat any candy before returning home.

It is ideal to have an adult go out with the children and luckily you will not have any complaints from small children. However, at some point older children no longer wish to be seen with their parents and will want to go out with their friends.

This is when you will want to enlist help from a trustworthy older teenager or at least a younger adult (not you☺) to accompany them. Never let your child venture out alone no matter what age they are or how much they protest! As they get older make sure that they are at the very least with a group that won't wreak havoc all over town.

Before your children set out, discuss trick or treating rules with them.

Explain how important it is for them **not to eat anything before** they come home! Instruct them to obey all traffic signals and rules, like looking both ways before crossing a street and only at the crosswalk.

They should stay on the sidewalk and walk, not run. Let them know that cutting across yards is not only bad behavior it can be hazardous as well. There may be a garden hose, rocks or other obstacles that they may trip over.

Remind them several times that they should not stray from their group, go down dark streets or use remote shortcuts. **They must stay together and on populated well lit streets.** They should also be made aware that trick or treating should only be done at houses with their porch lights on.

“Above all else make them aware of the dangers associated with going into a stranger’s house or car”

If your child is going out with a group of friends they should carry the following items: a wristwatch, a cell phone or enough change to be able to make several phone calls and a lightweight flashlight with fresh batteries. Be sure to know the route they will follow is in a safe area. Set boundaries and settle on a time that they must be home.



Checking the Candy

Once your child returns home with his loot, you must inspect it thoroughly before he consumes any of it. Throw out anything that looks suspicious, such as items that are unwrapped, appear to have been tampered with or are homemade. Examine fruit for any cuts or holes. Wash, peel and cut it into pieces before giving it to your child. For younger children be careful of toys and candies that may be a choking hazard.

If you still don't feel comfortable letting them eat the candy that they bring home, go to the store and stock up on all of their favorites and offer them a fair trade when they get home!

By following these sensible safety tips, your child's memories will be filled with treats, witches cackles, black cats, but no boo-boos.



Halloween Party's

If safety is a big concern for you then don't skip the fun simply change the way you celebrate!

Having a party at your home is the perfect way to have fun on Halloween and be able to control the safety of your children. There are so many fun Halloween party food and games to choose from. You and your family can make or buy all kinds of scary but fun decorations and turn your home into the perfect haunted house for all of your party guests.

As for food there are so many yummy but disgusting ideas to choose from like....

- Boogers on a Stick – pretzels and cheese wiz with green food coloring
- Strained Eyeballs – Deviled eggs with pimientos and red food coloring
- Dirt Cake with Worms - cookie crumbs, gummy worms and candy rocks

And why not sever some old bath water to drink?

It's only frozen lemonade, 7-Up and rainbow sherbet!

These are only a few of the ideas that I found when I did a search for "Halloween food ideas" online. There are plenty of gross and gooey recipes that you can choose from to make your party a howling success!



Halloween Party Games

Most Halloween party games are a variation of general party games that have been adapted to the Halloween season.

For instance; Halloween Charades is a fun game for all ages. This can be played with two person teams. One person will guess and the other person will present the clues either through one word clues or by gestures.

Pass the Orange or Apple is a fun group game. Party participants divide into teams of 4, 5 or 6 or more depending on the size of the party. Each team stands in a line, one behind the other with their hands clasped behind their backs.

The first person is given an orange or apple which they place under their chin. Without using their hands, they turn around and try to pass the orange or apple to the person behind them. Remember, no hands! The winning team is the first team to successfully pass the object to the last person in line without dropping it.

Why not a Halloween Treat Hunt? It's perfect for little ones. This is a variation on the timeless Easter egg hunt. Dig out your plastic eggs from Easter and paint Halloween faces them or get some Halloween treat bags and fill them with candy or other treats. You can insert a special prize in one of the eggs for a lucky winner and hide the treats for everyone to find! This game is best played in a yard, but can be played in a house if you must!

Try a Halloween Treasure Hunt. Create clues and a treasure map. You can have as few as 5 clues or as many as you like. Place them around the yard or an area where the game will be played. If you have a larger party, divide the participants into groups of two or three per team. Hand each team Clue number one which will lead them to Clue number two and then on to Clue number 3 and so forth. The last clue will lead them to a Treasure Map.

The treasure is shown on the map drawing with X marking the spot. Hide the treasure chest somewhere inside or outside the house. The Treasure chest can be a Halloween theme container, like a large plastic pumpkin filled with toys, candy or whatever prize you can think of.

Or a Halloween Coloring Contest. You can find all kinds of printable coloring sheets online or you can go to the store and pick up a good coloring book and make copies of the pictures for everyone to enjoy. Put a big box of crayons in the middle of the table and give a good prize to the best job (decided by an impartial judge) of course!

Hint: This is a good one to wind down the festivities with towards the end of the evening!

These are just a few basic ideas and of course you will be able to find many more great ideas by doing a search online for "Halloween party games".



Halloween Crafts and Activities

Kids love to make things so why not give them a fun project that they can make and take home with them. You can hit your local dollar store for some basic supplies like, glue, craft paper, popsicle sticks, string, paper plates, tissue paper, balloons, dry pasta etc.

With these basic supplies they can create all kinds of fun things like:

- Balloon ghosts and spiders
- Pasta skeletons
- Spooky jewelry
- goblin and pumpkin mask's

With a little bit of imagination you will have a house full of happy party guests!

The most important thing to remember is that celebrating Halloween should be a fun, safe holiday the whole family can enjoy. Let your imagination go and just for one day of the year, you can all be anyone you want to be.

So Enjoy It!

I hope you and your family have a safe and



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**Please feel free to share this with all of your favorite
ghost and goblin friends!**