



TCC HAPPENINGS



Fall 2017

Pumpkin Recipes

"Smoothie Operator"

- ¼ cup pumpkin puree
- ½ cup vanilla yogurt
- granola

Blend pumpkin puree and yogurt until smooth. Layer or sprinkle with granola.

"Pumpkin Snowballs"

- 1-cup oatmeal
- ½ tsp. pumpkin-pie spice
- 3 tbsp. pumpkin puree
- 1/4 cup brown sugar
- 1/4 cup raisins
- Confectioner's sugar

Combine all ingredients in a mixing bowl. Form into 1-inch balls and roll in powdered sugar.

"Puddin' Pie"

- 1 packet instant vanilla pudding
- 1/2 cup milk
- 1/2 cup pumpkin puree
- 1 tsp. pumpkin-pie spice
- graham cracker piecrust

Combine pudding mix, milk, pumpkin puree and spice. Pour into piecrust. Chill two hours.

"Oats and Honey"

- 1/4 cup pumpkin puree
- prepared oatmeal
- cinnamon
- honey

Stir pumpkin puree into oatmeal. Sprinkle with cinnamon. Drizzle with honey.

"Quite a Spread"

- 1 tbsp. pumpkin puree
- ¼ tsp. pumpkin-pie spice
- 2 tbsp. cream cheese

Mix pumpkin puree and spice with cream cheese. Spread on toast or bagels.

Source: <http://www.parenting.com/article/pumpkin-recipes>



Fall Apple Craft

Source: Pinterest.com

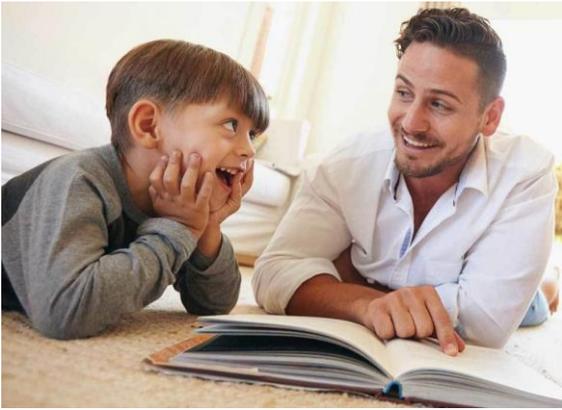


Halloween Safety Tips

- Plan costumes that are bright and reflective.
 - Keep costumes short to prevent tripping.
 - Consider non-toxic makeup instead of masks.
 - Decorative hats should fit snugly.
 - An adult should accompany young children.
 - Only go to homes with a porch light on.
 - Never enter a home or car for a treat.
 - Wait until you get home to examine and eat treats.
- Source: <https://www.aap.org/en-us/about-the-aap/aap-press-room/news-features-and-safety-tips/Pages/Halloween-Safety-Tips.aspx>

Happy
Thanksgiving





Everyone Can Be a Storyteller

Storytelling helps preschoolers learn new words and get ready to become readers and writers. To further this learning at home, invite your child to tell stories to you and other family members. Here are some suggestions: **Share what happened while on an errand.** Any daily event can become a story, if a child wants to tell it. A trip to the supermarket can become a quest to find the tortillas. After she tells this story, join in by becoming one of the characters. The tortillas are in aisle 10. Do you want corn or flour tortillas today?



Plan for and describe important events. Meeting new neighbors or going to the dentist can be great topics for a story. After explaining what might happen, invite your child to turn it into a story. Later he can revise the story to include what actually happened. "The dentist put a paper bib around my neck." A story can help your child know what to expect and recall how brave he was. **"Publish" the story.** Write down your child's story and offer crayons so she can illustrate it. Email a scanned copy to friends and family. Provide simple props so you can act out the story together. Have a different family member record a video on a smartphone. Send it to other relatives so they can enjoy it too.

Source: Adapted from the Message in a Backpack, Teaching Young Children 8 (3): 22

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OFO's mission is to be the leader in developing innovative solutions that promote healthy lives, thriving families, and caring communities.

Otsego County Immunization Clinics

October

10/02 Cooperstown PHN: 1 – 3 pm

10/16 Oneonta PHN: 1 – 3 pm

10/23 Cooperstown PHN: 1 – 3 pm

November

11/06 Cooperstown PHN: 1 – 3 pm

11/13 Oneonta PHN: 1 – 3 pm

11/20 Cooperstown PHN: 1 – 3 pm

December

12/04 Cooperstown PHN: 1 – 3 pm

12/11 Oneonta PHN: 1 – 3 pm

12/18 Cooperstown PHN: 1 – 3 pm

Note: All clinics are on Mondays. To register, call the Public Health Nursing (PHN) Service at (607)547-4230.

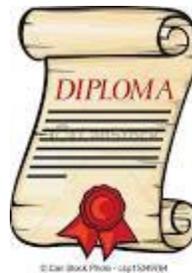


Fire Safety Tips

- Have a plan.
- Identify two ways out of every room.
- Choose a meeting place outside your home.
- Practice this plan with your children.
- Never go back inside a burning home.
- Keep children 3 feet away from things that get hot.
- Keep smoking materials locked up in a high place.
- Never play with lighters or matches near children.

Source: <https://www.usfa.fema.gov/prevention/outreach/children.html>

Back to School for Parents



Now that your children have gone back to school, this is a great time to earn your High School Equivalency Diploma. The Oneonta Adult Education Program offers free classes to adults (21 and over) to prepare you to take the exam. Call 607-433-3645 for more information.



Opportunities for Otsego provide drop-in day care for children, ages 6 weeks to 12 years, through The Children's Center. This **free** service is open 9:00 AM to 4:30 PM every day that court is in session. The Children's Center is closed for lunch from 12:30 PM to 1:00 PM.

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