

# Portland Events

## Sprit week

- 10/25 Hero vs. Villain
- 10/26 Pink out for breast cancer awareness
- 10/27 Wacky Wednesday
- 10/28 Throwback Thursday
- 10/29 Costume Day

The annual Spooky Season door decorating contest will take place in October and we will request that the public vote on the winner the 18th of October.

## Reminders

Scan below for PPEC Pals to submit your child's information if you have not already done so.



**REMINDER: Food Program Paperwork is due this month.**

## Halloween Safety

- Wear a cloth mask, wash your hands, and practice social distancing
- Always accompany children while they are out trick-or-treating
- Avoid clumsy shoes or boots that could cause children to trip or fall
- Use face paint rather than masks that may restrict the child's vision

### Did you know?



A blue bucket or pumpkin may indicate that the child has autism or is non-verbal.



# October

## Spina Bifida Awareness Month

Spina bifida is a neural tube defect that occurs when a baby's neural tube fails to properly develop or close.

This typically occurs within the first 28 days of pregnancy. Approximately 1,400 babies are born with spina bifida in the United States yearly.

Spina Bifida Awareness Month celebrates the 166,000+ individuals in the United States living with spina bifida.



For more information about how to get involved visit:  
<https://spinabifidakentucky.org/>

## Spina Bifida of Kentucky has three Walk-n-Roll events this month!

### 10/2

Louisville  
Kosair Charities Center  
982 Eastern Pkwy

### 10/16

Lexington  
LexCity Church  
410 Sport Ct

### 10/30

Paducah  
Noble Park  
2801 Park Ave

## Spotlight



### TEN-4 Bruising Rule

Kids are kids, and sometimes they play in ways that result in minor cuts, scrapes, and bruises. These minor injuries are often found on bony areas of the body like knees, shins, elbows, and foreheads. However, there are other types of bruises that should be a red flag for possible abuse.

For children **4 years of age or younger**, bruising in these areas are cause for concern and need to be reported:

**Torso**  
**Ears**  
**Neck**  
**4 years or younger**



Or any bruising anywhere, if the baby is not yet pulling up or taking steps.





# Halloween Safety

## Trick or Treating

- Wear a cloth mask, wash your hands, and practice social distancing
- Always accompany children while they are out trick-or-treating
  - Stick to familiar neighborhoods and houses
- Avoid letting children snack from their goody bags or buckets while they are out trick-or-treating
  - Provide them a meal or snack before heading out to help curb hunger
  - Have children wait until they get home to eat their candy or treats so you can inspect them first
- A blue bucket or pumpkin may indicate that the child has autism or is non-verbal
  - This child may not say trick or treat and may not wear a mask
  - Possibly sensitive to lights and sounds

## Candy Safety

- Do not accept or eat any item that is not commercially wrapped, unless you personally know the source
  - Inspect wrapped items for signs of tampering such as discoloration, pinholes, or tears
  - When in doubt, throw it out
- Remove any potential choking hazards for young children
  - Remove any small toys, gum, peanuts, or hard candy that could cause children to choke
- Avoid food allergens
  - If your child has a food allergy, be sure to check the candy or treat label for any potential allergens
  - Do not allow the child to eat any home-baked treats
  - Look for a teal pumpkin
    - Houses displaying a teal pumpkin have non-food treats available

## Costumes

- Think about costume safety
  - Avoid clumsy shoes or boots that could cause children to trip or fall
  - Use face paint rather than masks that may restrict the child's vision

