




# October Calendar for Parents

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
<p><b>October Recipe Idea—Baked Pumpkin Seeds (from Jack ‘O Lantern Carving)</b></p> <p><b>Wash seeds and remove pumpkin pulp. Mix the seeds with one tablespoon of melted butter for each one cup of seeds. Sprinkle with salt to taste. Pour onto cookie sheet and spread in a single layer. Bake for 1 to 1-1/2 hours at 250 degrees (F). Shake pan occasionally to prevent over browning. Store unused seeds in a tightly closed container in the refrigerator.</b></p>					<p>Pop popcorn to show how heat affects the kernels.</p>	
	<p>Shuck and cook some ears of corn.</p>	<p>Give your child a can of old buttons and let him sort by size—big, little, etc.—by color, or by shape.</p>		<p>Make necklaces with painted macaroni, buttons, and popcorn. String pieces on brightly colored yarn.</p>		<p>Movement practice: prance like a deer, fly like a bird, gallop like a horse, etc.</p>
		<p>Make a collage with dried corn kernels by gluing them on heavy paper or bag.</p>	<p>Make placemats out of brown paper bags and decorate with washable markers. Cover these with clear contact paper to preserve.</p>		<p>Cut pumpkins out of orange felt. Make a variety of jack ‘o lantern faces (eyes, noses, and mouths) by cutting them from black felt. Stick the faces on the pumpkins (felt sticks to felt.) How many different funny faces can your child make?</p>	
<p>Cut open an acorn and talk about what is inside.</p>	<p>Plant an acorn. On a calendar, mark how many days it takes before a sprout appears.</p>	<p>Take your child with you to select and purchase a pumpkin. Discuss why you selected that specific pumpkin.</p>		<p>Carve a jack ‘o lantern. Save the seeds for use in the <b>October recipe</b> of the month.</p>	