

# SSPC NEWSLETTER



October 2025

## “BOO” NANA Pops

1. Slice a large banana in half & split down the middle
2. Place a popsicle stick in each half
3. Melt white chocolate & dip each banana to coat the outside (use yogurt for a healthier option!)
4. Lay the dipped banana slices flat side down on a cookie sheet & add small chocolate chips for eyes
5. Place in the freezer for 1 hour or until frozen
6. ENJOY!

## What's New?

We are excited to announce that SSPC will be holding a Trunk-or-Treat event 10/25 from 1-3 PM in our parking lot! This event is open to the community so bring your friends and enjoy!

We will also be hosting a staff pumpkin decorating contest. Keep an eye out to vote either in our lobby or on our social media pages!

## Fall Spirit Week 10/27 - 10/31

We will be having a staff spirit week at the end of the month. Children may participate if they would like! Children are also welcome to wear their Halloween costume to therapy, but this is not required.

- Monday 10/27: Scarecrows
- Tuesday 10/28: Costume
- Wednesday 10/29: Sweater
- Thursday 10/30: Flannel
- Friday 10/31: Fall-tastic

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## Trick-Or-Treating Tips

### Prepare for the experience in advance

- Prepare for the holiday by discussing traditions and activities associated with Halloween. You can also try reading books, creating stories, and role playing
- Practice the sequence of Trick-Or-Treating with your child: walking up to the door, saying "trick or treat" and "thank you" once a treat is received

### Costumes!

- Remember that costumes do not *need* to be extravagant to create fun, "pretend" play opportunities
- Make sure the costume material isn't too itchy, stiff, or scratchy for your child
- Have your child walk around in the costume to test comfort while moving, reaching, and sitting
- Consider whether your child will be warm enough for a chilly evening
- Avoiding makeup and masks may be a good idea if your child has facial sensitivity

### Do I NEED to take my child Trick-or-Treating?

Trick-or-Treating is not a required part of Halloween! You can try other meaningful Halloween activities such as:

- Decorating pumpkins with faces and other fun designs
- Roasting pumpkin seeds or picking apples
- Some children enjoy handing out candy as much as receiving it.