

**Have a Safe and Fun Halloween**

Parents can help prevent children from getting injured at Halloween by following these safety tips from the American Academy of Pediatrics, the Centers for Disease Control and Prevention, and the National Safety Council.

**Children should:**

- Go only to well-lit houses and remain on porches rather than entering houses.
- Travel in small groups and be accompanied by an adult.
- Know their phone number and carry coins for emergency telephone calls.
- Have their names and addresses attached to their costumes.
- Bring treats home before eating them so parents can inspect them.
- Use costume knives and swords that are flexible, not rigid or sharp.



**When walking in neighborhoods, they should:**

- Use flashlights, stay on sidewalks, and avoid crossing yards.
- Stop at all corners and stay together in a group before crossing.
- Wear clothing that is bright, reflective, and flame retardant.
- Consider using face paint instead of masks. (Masks can obstruct a child's vision).
- Avoid wearing hats that will slide over their eyes.
- Avoid wearing long, baggy, or loose costumes or oversized shoes (to prevent tripping).
- Be reminded to look left, right, and left again before crossing the street.

**Parents and adults should:**

- Supervise the outing for children under age 12.
- Establish a curfew time (a return time) for older children.
- {Prepare children for trick-or-treats by clearing porches, lawns, and side walks and by placing jack-o-lanterns away from doorways and landings.

**Who Is Affected?**

Halloween poses special risks to young pedestrians. For example, most of the time children spend outdoors is typically during daylight hours. However, Halloween activities frequently cross streets at mid-block rather than at corners or crosswalks, putting them at risk for pedestrian injury.

Many parents overestimate children's street-crossing skills. The pedestrian skills of children are limited by several factors related to their physical size and developmental stage. For instance, young children may lack the physical ability to cross a street quickly, and their small size limits the visibility to drivers. Children are likely to choose the shortest rather than the safest route across street, often darting out between parked cars. In addition, young children do not evaluate potential traffic threats effectively, cannot anticipate driver behavior, and process sensory information more slowly than adults.

*The human race has one really effective weapon, and that is laughter. - MARK TWAIN*

*Laughter gives us distance. It allows us to step back from an event, deal with it and then move on. - BOB NEWHART*

*Always laugh when you can. It is cheap medicine. - LORD BYRON*

*Laughter is inner jogging. - NORMAN COUSINS*

*He who laughs, lasts! - MARY PETTIBONE POOLE*

SPRING FORWARD

FALL BACK

DAYLIGHT SAVINGS  
TIME

OCTOBER 29TH



## Understanding and Overcoming Procrastination

Whenever I've worked on 'de-cluttering' my living or working space, I've always found that it's the unfinished project—whatever I'm procrastinating about - that takes up the most room.

Physically, it's a constant reminder of something I tell myself I SHOULD be doing. Mentally, it consumes my thoughts and diverts my attention from the present moment.

Emotionally, it weighs down my heart and nicks away at my confidence.

In this article, I invite you to consider how procrastination, as a form of self-sabotage, shows up in the different areas of your life.

### Understanding Procrastination - Why do you procrastinate?

Maybe your physical surroundings and your 'systems' of organization are getting in your way. For example:

- My workspace is too messy
- I'm too busy

Maybe distracting or debilitating emotions or thoughts are getting in your way. For example:

- They might not like it
- It won't be as good as \_\_\_\_\_, so why bother?

Procrastination is a habit like any other. If you can envision how you want to be instead and look honestly at what forms of self-sabotage you usually use, you CAN compensate for your procrastination.

### Overcoming Procrastination: What type of procrastinator are you? Are you a Do-er or a Stew-er?

**Do-er:** A "do-er" will do anything to avoid the task at hand—the dishes need washing, the dog needs walking, the mail needs sorting, the bills need paying, the files need organizing, etc.

**Action Plan for Do-ers:** Set a timer for 15-minutes and tell yourself that as soon as it goes off you can do whatever else

you want, but until it does, you must sit in that chair and work on the project in front of you.

- *Keep it short*
- *Stay*

**Stew-er:** A "stew-er" will sit and "stew" about the thing you're not doing. Your mind will spin round and round about different possibilities, you will plan elaborate things for when you do get around to working, you'll be thinking so far into the future that you'll never catch up to yourself.

**Action Plan for Stew-ers:** Focus and calm your mind with meditation, affirmations and mind-body work such as breathing.

- *Calm your mind*
- *Ground your thoughts*
- *Pause and breathe*

Whether you're a "do-er" or a "stew-er," when we can accomplish our creative goals IN SPITE of having so many reasons to put them off, the rewards are even sweeter.

When I'm feeling overwhelmed, I need to remember that all I have to do is the next thing. A few next things later and I've tackled quite a bit!

It's important to consider the bigger picture of this "thing" that you're trying to do. There's always the possibility that you don't really want to do it or that you're not meant to be doing it. If this is the case, a part of you knows that and is trying to tell you, so listen up (just make sure it's not fear or self-doubt in disguise).

Lastly, remember to celebrate what you HAVE accomplished, no matter how small. The more you focus on what you HAVE done, versus what you HAVEN'T, the more confidence you'll have and the more momentum you'll build towards the next thing you're going to do.

LINDA DESSAU, SELF-CARE COACH  
WWW.GENUINECOACHING.COM.



The difference between being a victim and a survivor of a catastrophic event could be as simple as having a disaster plan in place that can be implemented quickly. Among other things, this section addresses critical disaster planning issues, such as:

- Establishing a family communication plan that has a prearranged rendezvous point where you and your family will meet up.
- Choosing a central contact person who can receive and relay information to separated family members.
- Evacuation plans.
- Information about site-specific emergency plans for places where you and your family spend the most time (school, work, etc.)
- Putting together a "grab-it-and-go" kit of essential papers, documents, etc.
- How to disaster-proof irreplaceable items.
- How to disaster-proof irreplaceable items.
- A checklist of survival essentials.

For detailed information and instructions go to:

[www.active-insights.com](http://www.active-insights.com)