

5 REASONS WHY FALL IS THE BEST TIME FOR REFLECTION AND SELF DISCOVERY

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1. Fall reminds us of the ever-changing cycle of life

Falling leaves, shorter days and cooler nights-these all are the signs of a new change in the eternal circle of nature. Let us reflect on these changes and feel a little closer to nature. So instead of complaining about chilly weather and rain, take a walk or hike the nearest park, observing golden trees with falling leaves, and reflect on this never-ending cycle of existence. Similarly to nature that follows its seasonal patterns, we face constant changes in our lives. If you are having a hard time, remind yourself that difficulties will pass, opening a path for new opportunities.

2. Harvest time inspires us to sum up the results

Cheerful summer is left behind, and the calendar year is slowly moving towards its end. It's a great opportunity to take a look at the past months and summarize your achievements in all aspects of your life. This can help you set priorities and inspire you to make changes that will bring you one step closer to achieving your goals and fulfilling your life purpose.

3. Fall is a time of gratitude and nostalgia

With the days getting shorter and the weather bringing the first hints of winter, most people prefer staying at home. These introspective moments of solitude are perfect for thinking about your summer adventures, indulging in nostalgia for those happy summer days and feeling thankful for the experiences and emotions they brought you and your family. After all, "it is not happy people who are thankful; it is thankful people who are happy," don't you think?

4. Fall is a family time

Spending more time at home gives you a chance to enjoy being with your loved ones and feeling family unity in preparation for the coming holidays. Devoting time to your dear ones and such simple family activities like shopping or cooking not only gives you the priceless moments of everyday happiness but also makes you realize what really matters in life. "Enjoy the little things in life because one day you'll look back and realize they were the big things." -Kurt Vonnegut.

5. Fall is perfect for new hobbies and self-improvement activities

Fall is a great time to start new hobbies and devote more time to the activities that bring you contentment and joy. Try meditation, reading or any other activity that will nourish your soul and help know yourself better. Whatever brings you joy, reward yourself. Whether you love fall or not, you can always find the ways to enjoy it and spend time wisely, doing the things that fill you up and help you become a better and wiser person.



Screen Time and Very Young Children

Most of a baby's brain development happens in the first 2 years of life. That's why it's so important for babies and toddlers to explore their environment and experience many sights, sounds, tastes, and textures. Interacting and playing with others helps children learn about the world around them.

So, experts recommend limiting the amount of time that babies and toddlers spend in front of a screen. That's good advice — but in today's world, it can be tough to keep babies and toddlers away from all the TVs, tablets, computers, smartphones, and gaming systems they'll see. Screens are virtually everywhere, and it can be challenging to monitor a child's screen time. To complicate matters, some screentime can be education and support a child's development. How do you manage your child's screen time? Here are some important things to consider.

Problems with Screens

Too much screen time and regular exposure to poor-quality programming has been linked to:

- Obesity
- Inadequate sleep schedules and insufficient sleep
- Behavior problems
- Delays in language and social skills development
- Violence
- Attention problems
- Less time learning



Keep in mind that unstructured playtime is more valuable for a young child's developing brain than is electronic media. In today's tech and media-driven world, many parents use screens to keep young children entertained or distracted while they juggle other needs. It works. Screens captivate children's attention in a way almost nothing else does, allowing parents a bit of a breather. However, children younger than age 2 are more likely to learn when they interact and play with parents, siblings, and other children and adults, so it is critically important to provide off screen experiences.

By age 2, children may benefit from some types of screen time, such as programming with music, movement, and stories. By watching together, you can help your child understand what he or she is seeing and apply it in real life. However, passive screen time shouldn't replace reading, playing or problem-solving.

The American Academy of Pediatrics discourages media use, except for video chatting, by children younger than 18 months. If you introduce digital media to children ages 18 to 24 months, make sure it's high quality and avoid solo media use. For children ages 2 to 5, limit screen time to one hour a day of high-quality programming. As your child grows, a one-size-fits-all approach doesn't work as well. You'll need to decide how much media to let your child use each day and what's appropriate.

Consider applying the same rules to your child's real and virtual environments. In both, play with your child, teach kindness, be involved, and know your child's friends and what your child does with them. Also, keep in mind that the quality of the media your child is exposed to is more important than the type of technology or amount of time spent.

To ensure quality screen time:

- **Do Your Homework** -
 - ◇ Preview programs, games, and apps before allowing your child to view or play with them. Organizations such as [Common Sense Media](#) has programming ratings and reviews to help you determine what's appropriate for your child's age. Better yet, watch, play or use them with your child.
 - ◇ Use parental controls to block or filter internet content.
 - ◇ Ask your child regularly what programs, games, and apps he or she has played with during the day.
- **Be with young kids during screen time** -
 - ◇ Play together and talk about what you are seeing on the screen in age-appropriate games or shows.

- ◇ Seek out interactive options that engage your child, rather than those that just require pushing and swiping or staring at the screen.
- ◇ Make sure your child is close by during screen time so that you can supervise activities.
- **Set a Good Example -**
 - Turn off screens when not in use
 - Don't leave screens on in the background
 - Turn off your phone when you are playing with your child
- **Schedule plenty of non-screen time into your day -**
 - Play and hands-on learning with adults, and friends
 - Face to face interactions cannot be replaced by anything technology!
 - Be sure your child is physically active every day
- **Avoid -**
 - Fast-paced programming, which young children have a hard time understanding,
 - Violent content and apps with a lot of distracting content.
 - Eliminate advertising on apps, since young children have trouble telling the difference between ads and factual information.



For older children, establish clear rules and set reasonable limits for your child's use of screens and digital media. Consider these tips in addition to what we have already explored:

- Encourage unplugged, unstructured playtime.
- Create tech-free zones or times, such as during mealtime or one night a week.
- Discourage use of media entertainment during homework - unless it's use is necessary to complete the work
- Set and enforce daily or weekly screen time limits and curfews, such as no exposure to devices or screens one hour before bedtime.
- Consider using apps that control the length of time a child can use a device.
- Keep screens out of your child's bedroom and consider requiring your children to charge their devices outside of their bedrooms at night.

Encouraging digital literacy - At some point your child will be exposed to content that you haven't approved and devices without internet filters. Talk to your child about the situations that could occur and the behavior you expect. Encourage your child to think critically about what they see on their screens. Talk with them about:

- Ask your child to consider whether everything on the internet is accurate. Does your child know how to tell if a website is trustworthy?
- Help your child understand that media are made by humans with points of view. Explain that many types of technology collect data to send users ads or to make money.

No matter how smart or mature you feel your child is, monitor his or her screen use, and, as they get older, online, and social media behavior. Your child is bound to make mistakes using media. Talk to your child and help him or her learn from them. Remember to set a good example. Consider that your child is watching you for cues on when it's OK to use screens and how to use them. With your babies, toddlers, and preschoolers you are just beginning to guide, manage and monitor their use of screens and media. This will only grow in importance as they grows. But by developing good habits and household rules — and revisiting them as your child grows — you can help ensure a safe experience.

References:

- Kids Health (January 2021). Screen time guidelines for babies and toddlers. Retrieved from <https://kidshealth.org/en/parents/screentime-baby-todd.html>.
- May Clinic (February 10, 2022). Screen time and children: how to guide your child. Retrieved from <https://www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/screen-time/art-20047952>.
- UNICEF (nd). Babies need humans, not screens. Retrieved from <https://www.unicef.org/parenting/child-development/babies-screen-time>.

Fall Bucket List For Kids



- Visit a pumpkin patch
- Go for a hay ride
- Pick apples
- Bake cookies
- Go on a family hike
- Attend a local football game
- Carve pumpkin
- Pick out or create your Halloween costume
- Explore a corn maze
- Set up a fire pit
- Make s'mores
- Drink apple cider
- Plant a fall garden
- Play flag football
- Decorate your front yard with autumn decor
- Have a pizza party
- Camp indoors or outside
- Go on a scavenger hunt
- Make candy apples
- Rake and jump in piles of leaves



The Original Rice Krispies Treats™ Recipe

Ingredients:

- 3 tablespoons butter
- 1 package (10 oz., about 40) JET_PUFFED Marshmallows or 5 1/2 cups of JET_PUFFED Miniature Marshmallows
- 6 cups Kellogg's® Rice Krispies® cereal

Directions:

1. In large saucepan melt butter over low heat. Add marshmallows and stir until completely melted. Remove from heat.
2. Add KELLOGG'S RICE KRISPIES cereal. Stir until well coated.
3. Using buttered spatula or wax paper evenly press mixture into 13 x 9 x 2-inch pan coated with cooking spray. Cool. Cut into 2-inch squares. Best if served the same day.

Microwave Directions:

In microwave-safe bowl heat butter and marshmallows on HIGH for 3 minutes, stirring after 2 minutes. Stir until smooth. Follow steps 2 and 3 above. Microwave cooking times may vary.

Note

- For best results, use fresh marshmallows.
- 1 jar (7 oz.) marshmallow crème can be substituted for marshmallows.
- Diet, reduced calorie or tub margarine is not recommended.
- Store no more than two days at room temperature in airtight container.
- To freeze, place in layers separated by wax paper in airtight container. Freeze for up to 6 weeks. Let stand at room temperature for 15 minutes before serving.



FACTS ABOUT FALL

Autumn

Autumn is a season of the year between summer and winter during which temperatures gradually decrease. It is often called fall in the United States because leaves fall from the trees at that time. Autumn is usually defined in the Northern Hemisphere as the period between the autumnal equinox (day and night equal in length), September 22 or 23, and the winter solstice (year's shortest day), December 21 or 22.

Why Do Leaves Fall Off

Leaves are the energy generators for plants. By using sunlight, water and carbon dioxide and chlorophyll they create food for the tree. The trees then pass oxygen into the air. The reason that the leaves change color is due to the shortening of the days. As this occurs the leaves begin to produce less chlorophyll and change color. Many people think that the leaves turn color but this is not true. The leaves are actually the colors we see in the fall. The reason that the leaves are green is because they are full of chlorophyll.

Animals Hibernate

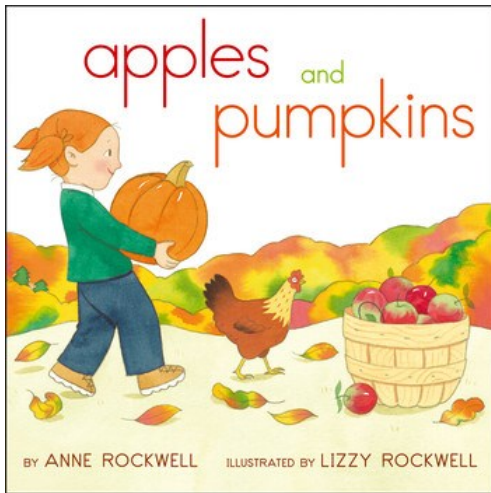
Toward the end of the season, depending on where you live, mammals and reptiles will begin to prepare for the winter. Animals such as bears, groundhogs and other small mammals will fatten up for the long winter months. They will select a secluded place where they will be able to stay warm and dry and then sleep through cold months when food is scarce. Many cold-blooded reptiles will perform the same act. Frogs and snakes will find a warm comfortable spot and sleep until the spring thaw. Certain birds are also migratory and will begin to move south as the weather cools the water and causes plants that they use as food to die off. As the lakes in the north freeze Canadian Geese will leave their summer homes in Canada and use one of the many flight ways in the United States to reach warmer climates.

Harvest Time

Fall is the time of harvest for communities in the northern hemisphere. Fall crops typically need a little extra time to mature because they receive less daylight as the season winds down. In most temperate growing zones, fall-planted crops will be ready to harvest in September and October.

Excerpts taken from: <https://www.brighthubeducation.com/science-homework-help/123263-facts-about-the-season-of-autumn>

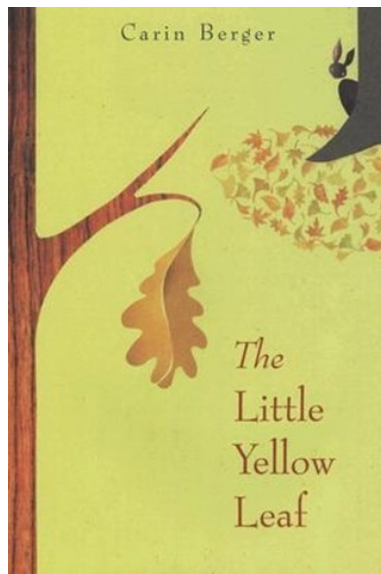




APPLES AND PUMPKINS
BY ANNE ROCKWELL
ILLUSTRATED BY LIZZY ROCKWELL

A young girl spends a glorious fall day picking apples and searching for the perfect pumpkin in this refreshed classic.

"When red and yellow leaves are on the trees," a little girl goes with her parents to a farm where they pick apples and choose "the best pumpkin of them all." Back home, she helps to carve a grinning jack-o'-lantern face on the big orange pumpkin, which guards their doorstep on Halloween night while her mother hands out shiny red apples and she and her father go trick-or-treating with the neighborhood ghosts and goblins.

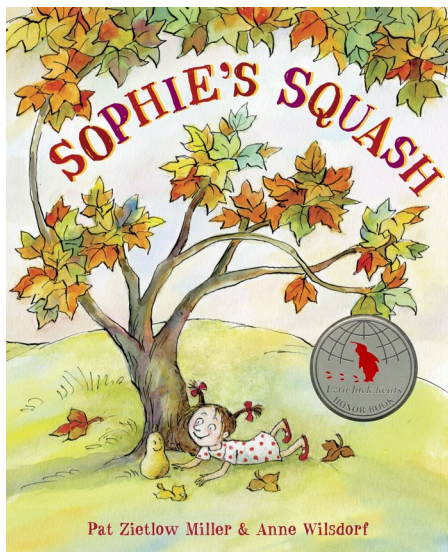


The Little Yellow Leaf
By Carin Berger

As all the other leaves float off and fly past, Little Yellow Leaf thinks, *I'm not ready yet.*

As the seasons change all around, Little Yellow Leaf holds on to the tree. *Still not ready.*

Will Little Yellow Leaf ever be ready?



Sophie's Squash
By Pat Zietlow Miller
Illustrated by Anne Wilsdorf

On a trip to the farmers' market with her parents, Sophie chooses a squash, but instead of letting her mom cook it, she names it Bernice. From then on, Sophie brings Bernice everywhere, despite her parents' gentle warnings that Bernice will begin to rot. As winter nears, Sophie does start to notice changes.... What's a girl to do when the squash she loves is in trouble?



Quotes Parents Should Know!

“Start children off on the way they should go, and even when they are old they will not turn from it.” – Proverbs 22:6



“Children are not casual guests in our home. They have been loaned to us temporarily for the purpose of loving them and instilling a foundation of values on which their future lives will be built.” – James Dobson

Children have never been very good at listening to their elders, but they have never failed to imitate them.
James Baldwin

“I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin, but by the content of their character.” – Martin Luther King, Jr.

“The greatest gift I can give to my children is my time, my love, and my attention.”

“I will be your biggest fan. I will be your protector. I will always defend you. I will be your friend. I will be your confidant. I will always be proud of you. I will love you unconditionally because always and forever I will be your mother.”

“While we try to teach our children all about life, Our children teach us what life is all about.” – Angela Schwindt

“As a mother, I’m not perfect. I make mistakes. I forget things. I lose my cool. And some days I go a little crazy. But it’s okay because, in the end, no one could ever love my child the way I do.”



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