

parents & kids



Fitness
involve the
Whole Family
Explore the
Great
Outdoors

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pk pick
Allergy alert

With the number of children with peanut allergies increasing, Beyond A Peanut - Food Allergy Awareness Cards teach children and those caring for them how to stay safe with nut allergies. The cards create awareness through eye catching illustrations on the front, and safety tips about each product or situation on the back. They provide education on hidden dangers, such as cross-contamination, places that nuts may be present, the importance of label reading and always carrying emergency medication. For more information, visit www.beyondapeanut.com.



from the editor's desk

Never too young to learn

With a few debates, an endless supply of TV commercials and many, many long months of hearing from our

presidential candidates, it's easy to just wish this election were over. As parents, though, we have to be careful with the rolling eyes and "Enough already's" — we need to make sure our kids grow up with a sense of what a privilege it is to vote and how important it is to choose a leader.

I have friends who don't vote. Some will vote Nov. 4 just because it's a presidential election. If it were just to decide a School Committee race, forget about it — they'd stay home. I'm no political junkie, but this breaks my heart. I'm the one dragging all three kids with me to the voting booth — yes, it's a bit of a pain, but they will see me, year after year, casting my ballot and they

will remember. If it's important to me, chances are it will be important to them.

With politics in the news so much during an election season, I find my daughter, especially, asking me questions about different social issues. Now, every family is different in their beliefs, and that's fine. But it's important for parents to discuss these issues with their children, in age-appropriate ways, of course.



When we were on vacation this summer, my daughter and I passed a homeless man sleeping in a doorway. Surrounded by huge hotels in the middle of Boston, Kathryn asked why the man was sleeping

outside.

"He has no house, honey," I started to explain.

"C'mon, Mom, there's plenty of room in the hotel," she said.

"Well, he can't pay for them," I told her. "He has no money and no job."

"Well, if they have rooms with no

one in them, why can't he just stay there for free?" she asked, showing wisdom beyond her seven years.

And, you know, I didn't really have much of an answer for that. I tried explaining about the cost of electricity and air conditioning and cleaning. But it always turned back to ways people could help others in need.

For advice on how to teach your kids about the election, turn to Page 8 to meet Jean Facchiano, a fourth-grade teacher at the Silvia School who is making sure her students understand the election and the issues that surround it.

With Thanksgiving coming up this month, turn to Page 5 for some clever Turkey Day recipes and Page 3 for ways to teach your kids to be grateful for what they have.

As always, we thank our sponsor, Empire Hyundai.

Lynne

pk playtime contest



Parents and Kids is holding a monthly contest in which readers (or, rather, their children) can enter to win some great prizes. This month we're asking kids "What is a good title for this photo?" Send your answers, along with your name, address and phone number, to Parents and Kids, 207 Pocasset St., Fall River, MA 02722, or e-mail them to parentsandkids@heraldnews.com.

We will post all entries on our Web site, www.heraldnews.com/lifestyle/parenting.

The winner will receive Funky Colored Flames, an environmentally friendly, talk-inspiring product created by a unique mix of sulphates and chlorides that when thrown into a fire delivers a brilliant display of blue, green, and purple. Whether used as a way to gather family for some outdoor fun or as a holiday season tradition, Funky Colored Flames is great for all occasions and can be used in indoor/outdoor wood fireplaces, small bonfires, campfires and backyard fire pits.

COMING SOON

Kids will be invited to draw a logo for *The Herald News'* Holiday Fund. Visit www.heraldnews.com for details.