

FREE

Boston Parents

PAPER™

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**Cute
&
Easy
Halloween
Costumes**

**6
School
Year
Illnesses**


Get Into Your Groove
How Artistic Parents Stay Creative

Create a Fire Escape Plan for Your Family

About 90 percent of parents report that their children have participated in a fire drill at school. Yet only 28 percent of those same parents say they've practiced a similar escape plan at home. That's according to a 2011 survey by Liberty Mutual, sponsors of **National Family Fire Drill Day**, which is held every October (Oct. 1 this year) during National Fire Prevention Month to remind families of the crucial importance of developing a fire escape plan.

But having a plan on paper isn't enough. "Some people will think, 'I have a fire escape plan. I'm safe,'" says Tom Harned, a volunteer firefighter and Liberty Mutual manager. "The plan is only as good as the practice you put into it." Harned stresses that children as young as age 3 can practice escape routes. He used to make a game out of the drills with his kids. To create a fire escape plan for your family:

- **Draw a large rectangle on a piece of paper** and continue to draw smaller ones inside the large one to designate each room of your home. Then draw in doors and windows. Your children can use crayons to draw in beds, table, etc. In one color, draw a line that shows the fastest way out of each room and draw a different colored line that shows the second fastest way out.
- **Practice the plan at least twice a year**, both during the day and at night.
- **Pick a meeting spot outside your home** where everyone can gather after they flee a fire.

 For more details on creating a fire escape plan for your family, visit www.befiresmart.com



How Fire Smart Are You?

According to a 2011 Liberty Mutual survey, homeowners admitted the following no-nos:

- **70%** have left the clothes dryer running when not at home.
- **26%** have left food cooking on the stove unattended.
- **22%** have left a candle burning unattended.
- **15%** have disabled the smoke alarm while cooking.

Don't Be Spooked by Healthy Halloween Ideas

As kids trick-or-treating, we quickly learned to skip the houses with a reputation for handing out apples on Halloween. But the American Dietetic Association suggests some ways to mix in healthier treats without scaring away the ghosts, witches and cowboys coming to your door. This year, consider mixing up the candy bowl with a variety of non-traditional but nutritious goodies, such as:

- Mini rice cereal bites
- Cereal bars
- Small packages of dried fruit
- Mini juice boxes
- Packages of trail mix or nuts
- Small boxes of raisins
- Sugar-free gum
- Snack-size packages of peanut butter and crackers, graham crackers or oatmeal cookies.

Or consider non-food treats like Halloween stickers, tattoos, spider rings or even quarters.

