



Valerie Longhurst

State Representative
15th District

CONTACT INFORMATION

Carvel Office Building

820 N. French Street

11th Floor

Wilmington, DE 19801

Phone: [\(302\) 577-8476](tel:(302)577-8476)

Legislative Hall

411 Legislative Avenue

Dover, DE 19901

Phone: [\(302\) 744-4351](tel:(302)744-4351)

Dear Neighbor,

I hope you and your family have a safe and enjoyable Halloween weekend and celebration. Ahead of Monday's festivities, please read over some of the Halloween safety tips provided below by the Delaware Division of Public Health.

I'm also pleased to share a few photos from Thursday's "Read for the Record Day" at the Bear Library, where I had an amazing time reading 'The Bear Ate Your Sandwich' to a great group of toddlers. "Read for the Record Day" is a national campaign that was launched over a decade ago to help ensure that children are better prepared for kindergarten. Please see below for additional information.

As always, please do not hesitate to contact me with any questions or concerns you may have about issues in the 15th District or the state.

Sincerely,

Valerie Longhurst



"Read for the Record Day" at the Bear Library

[Rep. Valerie Longhurst reading to toddlers at the Bear Library during "Read for the Record Day."](#)

Rep. Valerie Longhurst had the privilege to read to children at the Bear Library on Thursday for the annual "Read for the Record Day." She read "The Bear Ate Your Sandwich" by Julia Sarcone-Roach to a group of enthusiastic children, who helped to participate by growling whenever the bear was mentioned.

Visit the Bear Library website for upcoming events and activities at <http://nccde.org/291/Bear-Library>.

Halloween Safety Tips from Rep. Longhurst

The extra weight and tooth decay that can sneak up on kids from a sweet tooth can be frightening. The Delaware Division of Public Health (DPH) recommends serving healthy Halloween treats instead of calorie-laden candy. There are more Halloween alternatives to sweets than ever before. Consider the following options:

- Mini boxes of raisins;
- Mini bags of fresh fruit and vegetables such as apples, grapes, carrots, or celery;
- Mini bags of dried fruit or vegetable chips;
- Squeeze fruit, fruit chews, or fruit rolls;
- Mini bags of trail mix made with whole grain cereals;
- Peanut butter or apple sauce in single-serve containers;
- Individually packaged granola, cereal, soy, yogurt, and fig bars;
- Mini bags of pretzels, animal crackers, mini rice cereal or granola bars, or whole grain cheddar cheese crackers; and
- Small bottles of water and sugar-free hot chocolate packets.

If candy is served, choose bite-size candy bars that are lower in fat and sugar. Non-food treats are increasingly popular at Halloween. Try these:

- Pencils, erasers, crayons, and coloring books;
- Stickers and tattoos;
- Glow sticks and glow bracelets;
- Play-Doh containers, play foam, and bottles of bubbles;

- Toothbrushes and tiny containers of hand sanitizer; and
- Coupons to a local yogurt store or a roller-skating rink.

Tips for trick-or-treating safety:

- Parents should walk with their children when trick-or-treating and stick to familiar neighborhoods. Do not let them go alone! Teach children never to go into strangers' homes or cars. In case young children become lost, put a nametag with two phone numbers on their costumes. Children should know their home phone number and how to call 911.
- Choose light-colored costumes that are labeled "flame-retardant," meaning the material will not burn. Add reflective tape to costumes and trick-or-treat bags. To prevent tripping, kids should wear athletic footwear, with pants and dresses hemmed. Costume glasses, hats, wigs, and beards should not cover eyes or mouths. Do not cover eyes or mouths with masks and instead use non-toxic face paint or make-up, testing it first on the child's arm.
- At home, turn on outside lights and remove any tripping hazards. Walk on well-lit sidewalks and driveways with flashlights. Use crosswalks and never assume that vehicles will stop for pedestrians. Insist that trick-or-treaters walk, not run or ride bicycles at night.
- Avoid candles and other flames, and unknown pets.
- Discard treats that are unsealed, have holes in the packages, are spoiled, or are homemade treats that were not made by someone you know. To prevent choking, do not allow young children to have hard candy or gum. To prevent over-eating and weight gain, store treats out of sight and dole out one or two daily.

For more Halloween health and safety tips, visit <http://www.cdc.gov/family/halloween/>.