

The Pumpkins are coming!



Did you know? Pumpkin is a type of winter squash that's in the same family as cucumber and melons? It's technically a fruit since it contains seeds. But in terms of nutrition, it's more like a vegetable.

Pumpkin Activities for little hands



Golf tees and a wooden hammer to develop hand/eye co-ordination



Paint glue onto pumpkin and sprinkle with glitter to create Glitter Pumpkins



Finger paint pumpkins with washable paint for a sensory experience



Wash off your pumpkin with soapy water and sponges and start over

Pumpkin Pancakes



1/4 cup all purpose flour
1/4 cup quick oats
1/2 cup pumpkin puree
2 eggs
1 tsp baking powder
1/8 tsp salt
1/4 tsp cinnamon
1/2 tsp vanilla extract

1. Add all of the ingredients to a bowl and stir with a spoon until well mixed.
2. Grease a pan or griddle and put on medium high heat on your burner. Once heated, add small drops of pancake batter to pan making the size pancakes you want. For baby pancakes this is usually 1/8 cup of batter, for adults 1/3 cup of batter.
3. Cook pancakes until golden brown, about 3 minutes and flip to the other side.
4. Allow to cool before serving to baby.

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