



# **Home & Family Topic Starters**

October 2009

## October 2009 Home & Family Edition

### 1

How to make your own baby food. Processed baby food is expensive and many brands are full of preservatives, artificial colorings and flavorings – not good stuff for babies. Blog about how to make your own baby food including tips to store the food safely.

**Affiliate opportunities:** There are some baby food processors being sold out there today might want to suggest those or your favorite blenders and processors on which you've made your own baby food.

### 2

Tips for enjoying the fall color. It's autumn and the leaves are changing. Blog about how families can get out and enjoy the fall color together.

### 3

Trip to the apple orchard/pumpkin patch. Family traditions create memories we carry with us long into adulthood and a trip to the apple orchard or pumpkin patch is a great family tradition. Blog about your memories of family traditions, trips you've taken to the pumpkin patch and/or apple orchard and offer tips for families to enjoy similar outings in their community.

### 4

Planning for the holidays. Yikes! Halloween is almost here and then Thanksgiving will be knocking on our door. Are you ready? It's not too soon to start making plans for the holidays. Blog about what you can do today to get ready for this national holiday.

### 5

Four things to do with pumpkins. Pumpkins are beautiful, or scary, decorations but they can also be eaten. Blog about four things you can do with pumpkins.

For example, pumpkin pancakes, pumpkin seeds, candles, etc...

**Affiliate opportunities:** Suggest a pumpkin craft book like [Easy Pumpkin Painting](#).

### 6

Tips for last minute Halloween costumes. How many times has your child reminded you, mere days before Halloween, that they need a costume? For those last minute parents, provide tips for last minute Halloween costumes. If you could provide step-by-step instructions that'd be most appreciated!

**Affiliate opportunities:** Or, if you're not the 'crafty' type, offer places where people can purchase last minute or make their own like "[I love halloween costumes](#)".

Tips for keeping your kids safe during Halloween. While Halloween is a fun time, it can also be an unsafe time. Tainted candy and stranger danger are enough to make a parent want to skip it all together. Offer tips and strategies for parents to help keep their children safe.

For example, make sure you go through all their candy before they eat a single piece and make sure everything is wrapped properly and sealed.

### 7

10 charities/volunteer organizations to get your family involved with. Volunteering breeds empathy, which is a virtue worth building in our children and in ourselves. Blog about how volunteering and getting actively involved in organizations you believe in is a great way to build your family bond and to help nurture this virtue in your children.

## Blog Energizer

Perhaps provide tips for finding the organization that's right for you. Volunteermatch.org for example, matches people with compatible groups.

8

Pumpkin carving tips. Offer tips and suggestions for carving the perfect pumpkin this Halloween, consider also offering safety tips.

9

Five quick and easy meals to make with a whole chicken. For the cost of just a few dollars a whole chicken can make almost a week's worth of meals. Give your readers five recipes they can make with one chicken. For example, chicken salad, chicken tetrazzini, stir-fry and so on.

**Affiliate opportunities:** Looks like a great post to link to some cookbooks.

10

Tips for stress free mornings. Offer tips and strategies for busy families to manage their mornings without the crazy rush.

For example, getting everything ready the night before, premade breakfasts like homemade frozen waffles, or a timer so children know they have five minutes left to finish their breakfast before it's time to go.

**Affiliate opportunities:** Link to organizational products like visual timers that help kids stay on time during the morning rush.

11

How to make sure you have open communication with your children's teachers. Some teachers make the extra effort to communicate with parents while others aren't quite as dedicated. Offer parents tips for keeping the lines of communication open with teachers. It's important to a child's development and helps prevent tears and unfortunate incidents that could have been avoided if you'd known what was going on weeks ago.

**Affiliate opportunities:** Book suggestion time. A good one you might want to offer are, "How to talk to so kids will listen and listen so kids will talk".

12

Your cold and flu season emergency kit. As cold and flu season bears down on us, it's important to be prepared. It's not unusual for an entire family to be stricken at the same time. It's so much more helpful if you have everything you need on hand, and don't have to drag sick children, or a sick you, to the grocery store or pharmacy. Blog about what people should have on hand when the flu strikes.

**Tip:** We also have a [printable flu season shopping list](#) from one of our members you may want to offer.

13

Laundry tips. Can underwear be washed in cold or does it have to be hot? How do you prevent colors from fading and bleeding? And perhaps the most common question...does the laundry ever end? Offer quick and handy laundry tips to make the process efficient and effective.

14

Great Halloween crafts, kids can make. Offer your readers a few easy Halloween crafts for children. If you want to put a spin on it, make them environmentally friendly Halloween crafts.

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Tips for throwing a super spooky Halloween party. If you have teenagers, then bobbing for apples just isn't going to cut it. Offer tips for throwing a super spooky party the big kids will enjoy!

16

Halloween on a budget. Halloween doesn't have to cost a fortune, in fact it's a great time to make use of old items and repurpose them. Offer your readers tips for having a great Halloween on a budget.

17

Tips for de-stinking. Oh the joys of parenting and running a household! Some things can get so stinky. Offer tips for how to remove the stench from some of the smellier items. For example, sprinkling baking soda in stinky sneakers.

18

How to prevent dinnertime meltdowns, and still get your kids to eat their vegetables. Did you ever watch that television show, "Honey we're killing the kids?" It was on TLC and showed well-intentioned parents trying to change their lifestyle, and their children's, in order to prevent a lifetime of obesity and health issues.

Often as the meal plans changed from fast food to home prepared meals with, gasp...vegetables, the children would have a full-scale breakdown. Screaming, vomiting and a whole lot of crying and carrying on. People watching at home could only nod their head knowingly because that's often what children do.

Blog about how parents can avoid these meltdowns and still motivate their children to eat their vegetables.

19

How to hire a babysitter. Hiring a babysitter can be a scary, albeit liberating, experience. Blog about how parents can find a qualified baby sitter that they know their children will be safe with. Perhaps also blog about what a babysitter costs and how to work with one so they'll come back again.

**Affiliate opportunities:** Suggest a resource or binders/planners and kits that people can put together so the babysitter always has information at hand.

20

Comfort food – five recipes that stand the test of time. Ah, comfort food. We each have our favorites that bring back fond memories and well, just make us feel good. Blog about your favorite comfort foods and offer recipes.

21

Tips for helping your child through adolescence. Whether your child is just entering this stage or they're smack dab in the middle of it, it can be a trying time for everyone. Blog about how to help your child through this time.

22

What is a helicopter parent and why it just doesn't work. Define what the term helicopter parent means and offer examples of why it doesn't help the parent or the child. You may also want to post a little quiz: Are You a Helicopter Parent?

23

Teaching your kids stranger danger. The five things you must say to your children regularly to help them stay safe.

24

## **Blog Energizer**

October is said to be the best month to shop for clothing, especially children's clothing. In fact, it's a great time to get some of that back to school shopping done. Offer tips for bargain hunting

### **25**

10 things you can accomplish in the morning, before everyone wakes up. Oh, the joys of those first couple of minutes of the day before everyone wakes up. This is valuable time and if you use it wisely can be the most enjoyable and productive time of your day.

Offer your readers 10 things they can do in the morning before everyone wakes up. They can do all 10 or pick and choose.

**Tip:** Make this into a fun week or month long event on your blog where people can participate and challenge each other. Maybe throw in a prize or two to get people motivated, talking and linking to you.

### **26**

Are cell phones safe for your kids? New studies have been released that indicate cell phones, and the electric current they emit, are bad for our brains and that children's brains are particularly susceptible. Blog about these studies and your opinion on the results.

### **27**

How do you handle it when your kids curse? Some parents are very laissez-faire about swearing and others are at the ready with a bar of soap. What is your opinion on children swearing? If you're against it, offer tips for setting and enforcing rules.

### **28**

Teen driving - tips to ensure they're safe on the road. When your teenager gets their license, it's a blessing and a curse. It's great because they no longer need you to drive them everywhere and they can in fact help out by running errands.

However, it's a curse because you worry about their safety. Offer tips for parents to cope with this rite of passage and how to keep their children safe on the road.

### **29**

Preventing materialistic children. Materialism, while not necessarily a bad thing, can lead to unhappiness and a skewed sense of self worth. Blog about how parents can help their children understand that it's okay to want things but not to judge themselves or others by what they own.

### **30**

Helping your children eliminate bias, stereotypes and prejudices. Younger children are beautiful because they accept everyone however as they get older they start noticing the differences between people. Blog about how parents can help children embrace differences rather than judge them.

### **31**

From now till the end of the year is usually a busy time for all families. The kids have their own activities and invites. So do the adults. When do you say no and how do you manage the parties and commitments that you say yes to?

**Affiliate opportunities:** Suggest some organization tools that you use.