

**From:** Care.com Newsletter hello@care.com  
**Subject:** Creepy things kids have said that freaked parents out  
**Date:** October 28, 2022 at 11:07 AM  
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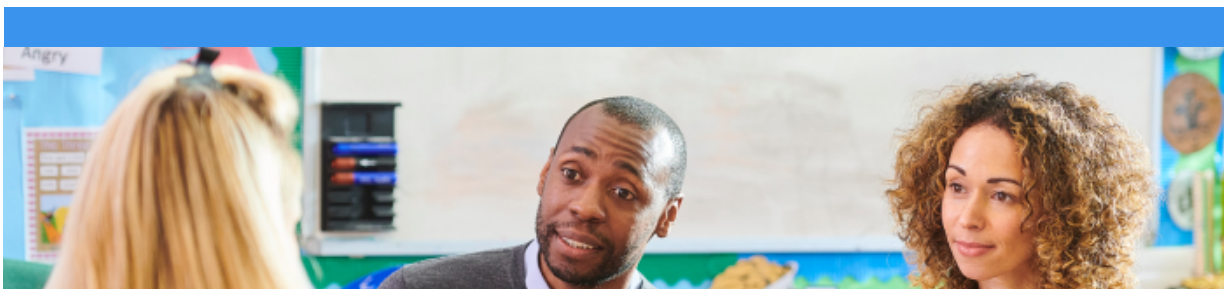
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## After-school restraint collapse: What it is and how to deal

Does your child melt down every day after school? You're not alone. Here's why it happens and how to lovingly handle it.

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## The best parent-teacher conference questions to ask

Make the most of your child's parent-teacher conference by asking the right questions. Experts offer advice on what to bring up.

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## Lower your taxes by making insurance part of your caregiver's pay

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The 2023 open enrollment period, starting Nov. 1st, is the perfect time to start contributing to your nanny's health insurance. Here's how.

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## 18 totally freaky things kids have said unprompted

Uhh ... who are you talking to? Here, parents share the bizarre and creep things their kids have said that left them freaked.

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## 21 memes that encapsulate being a parent during Halloween

From stealing your kid's candy to “family” costumes, these hilarious Halloween memes for parents are a must-see.

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## Webinar: Social media and mental health

Founder of #SafeSocial Bailey Parnell will discuss social media and how it influences all of our mental health.

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