**Halloween Fun Can Be A**

**Halloween Challenge**

**for Sensory Sensitive Children**

Many of the sights, smells, sounds and textures associated with Halloween can be unsettling to children who are sensitive to different and unique experiences. Keep in mind the following for a Halloween that is a treat, and not too tricky, for your child.

* Review and rehearse with your child what they'll be doing on Halloween to avoid triggering in them anxiety, shyness or disengagement.
* Communicate clearly about expectations for accepting and eating candy and the use of Halloween toys and accessories in a safe manner.
* Review with your child safety measures in general including rules for crossing street and touching Halloween decorations,
* Be aware of your child's exposure to scary or threatening costumes and visuals and monitor their reactions to know when it is time to limit their engagement.
* Choose costumes for your child that fit well and that your child is comfortable and confident wearing.
* Avoid masks as they can obscure view and can make breathing uncomfortable.
* Consider a costume that can fit over a coat or jacket to avoid a potential battle with your child over outerwear.
* Children may enjoy Halloween best if they start and end early and avoid being out when it's dark. If you do extend trick or treating until evening, equip your child with a flashlight and tape or don a reflective material on them for extra safety.
* Consider going only to homes or store where your child knows the people.
* If your child is particularly sensitive, think about celebrating Halloween at home. They may enjoy handing out candy as much as they enjoy receiving it.