



# Make Halloween Spooktacular

The season of candy and costumes is upon us. For some children, this day can be more of a trick than a treat. Here are 5 tips for helping your child enjoy the festivities.

## 1. Try on costumes and play dress up:

Finding the right fabric takes time. Some children need textured or noisy fabrics, others prefer smooth, sleek materials with no wrinkles or seams. Consider simple changes like adding an undershirt, choosing familiar materials, or using face paint instead of a mask.

## 2. Make adaptive devices part of the costume:

For children sensitive to sound, use headphones to block out noise. Sunglasses, hats, or visors can reduce sensitivity to light or visuals.

## 3. Give them a job:

Tasks like carrying snacks, pushing a stroller, or choosing the next house or trunk can help children focus.

## 4. Plan ahead:

Talk with your child about what to expect and practice phrases they can use if ready to leave. Bringing a stroller can help if they get tired or overwhelmed.

## 5. When to go:

Knowing how your child responds to crowds and noise is key. Smaller events and earlier hours may be easier, while louder, larger crowds suit other children better.

Do what works best for your family, get creative and have fun!