



## Trick or Treat Time!

Here are some tips to keep Halloween safe:

- **Have each child carry or wear something lit**, such as a flashlight (with fresh batteries), glow bracelet or necklace, or flashing attire for visibility. Choose bright colors that are more visible in the dark. Consider adding reflective tape to costumes. Light-up shoes are also practical and noticeable on a dark Halloween night.
- **Require well-fitting shoes to be worn**, preferably sneakers. While adorable in the store as a costume accessory, children planning to go trick or treat should wear sturdy shoes and not the princess high-heel, too large boots, or other types of shoes often shown with costumes. These often create tripping hazards and very tired feet before the night is over.
- **Avoid costumes that drag on the ground**. While cute initially, costumes that drag can trip up little feet, get caught on bushes, etc.
- With the thought of comfort, **pick costumes that are bathroom-friendly** and pre-plan a bathroom stop along the way (a friend's house will do and is a good time for a water break as well or at a public facility if driving).
- **Be sure a child's mask allows full visibility and breathing**. Parents should try on masks for size and not hesitate to cut out larger openings for a trick or treat's comfort. If possible, find a mask that "breathes" and is easy to put on and off. The types of mask that easily can slide up on the head and then pulled down are best. **Even better, use non-toxic face paints instead of masks** – they won't obstruct the child's view as masks sometimes do.
- Make sure oversized hats, helmets, or headpieces won't interfere with their vision.
- Any store bought costumes and accessories (masks, beards, wigs) must be labeled "flame resistant."
- **Only carry flexible props**, such as knives, swords, ninja items, etc., that can't cause injury if a child accidentally falls. No play prop should resemble the real item; and consider leaving play weapons at home and not part of trick or treat night.
- **Trick or treaters should walk**, not run, and should never cut across lawns. Obstacles could exist that aren't readily visible in the evening. Remind your child of everyday safety tips like looking left, right, and left again before crossing the street, continuing to look as he/she crosses, and staying on sidewalks as much as possible.
- **Only trick or treat at houses with outside lights on**. Residents who do not wish to be bothered by trick or treaters often leave off their lights as a sign; respect their preference.
- **An adult should accompany children under 12**. If your child is older and going without adult supervision, establish a pre-planned route and curfew time. Make sure s/he has a cell phone to contact you in the event of an emergency.
- **Have your child wait until you can inspect the treats**. Discard anything slightly or not completely wrapped. If your child is allergic to nuts, read the ingredients carefully. Be careful of hard candy that can be a choking hazard for very young children.