

# **Keeping Your Goblins Safe This Halloween**

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Autumn is a wonderful time of the year, bringing with it the vibrant colors of the changing leaves and a welcome cool, crisp relief from the heat of the summer. It also brings out our little ghosts, princesses, monsters, and superheroes eagerly awaiting Halloween. There is so much excitement for children at Halloween time, but parents need to be aware of some safety issues to ensure that their little trick-or-treaters have a fantastic holiday.

## **DRESSING UP**

- Costumes need to fit properly, including shoes. They should not be too long, so as to prevent tripping or entanglement.
- Make sure that the label on your child's costume clearly indicates that it is flame resistant.
- Masks or hats can potentially block your child's vision. Makeup or face painting is a safer alternative, one that your child may find a lot more entertaining. If you decide to use makeup or paint, test a small amount on your child a couple of days beforehand to make sure your child does not have an allergy or sensitivity to it.
- If you have a little superhero, a costume with “muscle padding” will provide some safe cushioning and help prevent bumps and bruises.

## **INJURIES and ACCIDENTS**

- Never let a small child carve a pumpkin. They can help out with decorating by using paints or markers.
- Any candlelit pumpkins or decorations should be kept out of reach of small children, safely on a flat sturdy surface, and away from other flammable objects.
- Make sure the pathway to your house is well lit and free from any debris, tools, toys, or holiday decorations.
- Keep pets restrained at all times.
- Make sure your child travels with a fresh glow stick or a flashlight with new batteries.
- To increase the visibility of your child, especially if he is wearing a dark-colored costume, consider adding reflective tape to the outfit or to the trick-or-treat bag.
- Younger children should ALWAYS be accompanied by an adult when trick-or-treating through the neighborhood.
- Stay on the sidewalk whenever possible, and cross streets in a group.
- Only visit homes with the porch light on.
- NEVER go into a house or a car to get a treat.
- Make sure that someone in the group has a working cell phone, and teach children to call 911 in case of any emergency.

## **CANDY CANDY CANDY**

- Provide a healthy meal before your child heads out for trick-or-treating or parties. An empty stomach is a recipe for candy overload.
- Always sort through your child's trick-or-treat bag. Closely inspect all treats, and absolutely discard anything that appears suspicious or spoiled, or is unwrapped at all.
- Be aware of any food allergies your child may have when sorting through candy.
- Ration out candy and treats over several days following Halloween (good luck with this one!). The child who devours a pile of candy is the unhappy child with the stomachache that night or the next day.
- This may not make yours the most popular house on the block, but consider giving out treats other than candy or snacks, such as water bottles, coloring books, gift certificates, stickers, or pencils.

By following these common-sense tips, you can ensure that your child has an exciting and fun-filled time.

**Happy Halloween everyone!**