

Halloween Safety Tips

Trick or Treat...Safely!

Treats Not Tricks

- Insist that your children postpone nibbling on any treats until they return home. To reduce their urge to munch more, serve dinner before they head out to trick-or-treat.
- When your children return home, carefully inspect all treats. Discard any candy or other food items with a torn or missing wrapper. Homemade cookies, sweets, and fruit should only be kept if you know and trust the person who gave them to your child.
- As an extra precaution, all fruit should be washed and sliced before eating.

Dressing Up

- Make sure your child's costume fits properly. The bottom end should be mid-calf or shorter to keep your child from tripping.
- Keep your child's vision clear. If your youngster insists on wearing a mask, be sure it allows ample room for breathing and seeing. Wigs and hats also can be a problem if not adequately secured.
- If possible, agree on a costume that is flame proof and flame resistant. Avoid any with overly long sleeves, scarves, or long belts that could dangle and catch fire in a jack-o'-lantern's candle.
- Add bright or light touches to your child's costume so that your youngster is more visible to others.
- Accessories such as broomsticks and swords can add to a child's sense of make-believe, but they can become cumbersome and can cause your child to trip. Instead, have your child leave them at home for pretend play around the house.

Door to Door and More

Every trick-or-treater should follow these rules:

- Carry a flashlight.
- Only visit homes or apartments of people you know.
- Do not enter any homes without the permission of your parents.
- Only visit those streets with which you are familiar.
- Stay away from homes or doorways that are dark.
- Keep to sidewalks and crosswalks.
- Avoid cutting across lawns.

If you allow your child to head out with friends, without your supervision, the following rules should also apply:

- An agreed upon route should be followed.
- He or she should return home at a time determined in advance.
- For safety's sake, give your youngster some pocket change so that he or she can make an emergency phone call if necessary.
 - For many preschoolers or elementary school children, a viable alternative to door to door trick-or-treating is a private Halloween party. Join with neighbors, family, church, or school groups to plan a gathering that includes a costume parade, games, and of course, lots of treats to take home.