



Helping Hands Christian Learning Center

"Let Us Make a Difference in Your Child's Life"

Tips for a Safe and Happy Halloween

Parents, here are some friendly reminders to help ensure your ghouls and goblins have a great Halloween this year.

Stay Close to Mom and Dad – Young children should always have adult supervision when trick-or-treating. If you can't go with them, see if another parent can take them. Kids should never go into a stranger's house or even ring their doorbell unless a trusted adult is with them. Older kids should stay together as a group and check in or call home frequently.

Stick to the Curfew – Follow your city or neighborhood's curfew times and stick to subdivisions and areas with plenty of homes, so your kids can get in as much trick-or-treating as possible in a few hours' time. Set a time when your older children need to return home. Make sure your kids know to call immediately if something happens or if they will be delayed.

Where's the Party? – Know the route your kids will be taking if you can't go trick-or-treating with them. Make sure they know not to deviate from the route, so that you know where they will be. If they're going to an event instead such as a school or community function, get all the details beforehand. If your child is going to a friend's house, be sure to meet the parents first and get their phone number.

It's All About the Costume – Choose a costume for your child that will be safe. No sharp props that could cause injury. Try to keep hems a few inches off the ground to avoid the possibility of tripping. If there's a mask, make sure the eye holes are large enough to allow for peripheral vision. Use flashlights, glow sticks or reflective tape to make your children more visible. Be mindful of the weather and dress appropriately – use jackets, boots or thermals if needed.

Not on an Empty Stomach – Have a nutritious and filling meal before trick-or-treating so your kids will be less likely to gorge on candy. Plan a "scary supper" with Halloween-themed food. Be sure to inspect all of their candy before allowing them to eat any of their treats. Decide together with your child how to manage not eating all the candy at once and getting a tummy ache. For instance, divide into portions by counting out a certain number of pieces for the week and put them into small baggies.

Happy trick-or-treating!

