



Halloween Tips & Tricks

Some children may struggle with Halloween because of scary costumes, interactions with strangers or other factors. Here are a few tips for a successful Halloween: 1) Make sure your child is safe and comfortable; 2) Prepare and practice with your child; 3) Be flexible and have fun.

1) Safe and Comfortable

There's nothing cuter than a kid decked out in a Halloween costume, and as parents, we love dressing our kids up in hopes we've picked out a costume that our kids and the community will love. However, if the costume is not functional or comfortable, there's a chance your Halloween will not be as you've envisioned. Pick out costumes that are comfortable for your child. Makeup is safer and more comfortable than a mask or use a headband with tulle or ribbon instead of a wig. Place a nametag on your child's costume with your information on it in case your child gets separated from you, so someone will know how to contact you. Talk to your child about checking in with you after a certain number of houses. Have a plan for your child to communicate to you if they're feeling scared or overwhelmed (e.g., a hand signal, visual, or code word.)

2) Prepare and Practice

Practice makes perfect (or at least increases the possibility things will go smoother!). Read a social story about Halloween and how to trick-or-treat. You can use one we've created ([insert link here](#)) or search for one that fits your needs. When reading the social story to your child, make it interactive by having them draw a picture of themselves wearing their costume or writing in what to say when someone gives them a piece of candy. After reading the social story, practice what you read by rehearsing the scenes in the social story. If you have friendly neighbors, you can do a run through of what it's like to go up to a house, ring the doorbell, and say, "Trick or treat!" If your neighbors aren't available, you can simulate the experience in your own home. Think about what challenges your child may experience, and practice how to handle those situations so you and your child are prepared. The clearer the expectations, the more prepared you and your child will be for Halloween.

3) Flexible and Fun

Remember, nothing goes as planned! The goal is to have fun. Be flexible and ready to change plans if your kid wants to end the night early or wear something different. Have a backup plan in place in case your child needs to go home sooner than expected and you have other kids who want to continue trick-or-treating (e.g., the siblings will continue trick-or-treating with a family friend).

A little planning and preparation can make all the difference on Halloween, for all kids, but especially for kids who may be apprehensive or overly excited about the festivities. Setting expectations in advance helps lay the foundation for a fun, safe and spooky night.

How to print the Social Story:

- Print 2-sided
- Go into layout of print screen and change the 2-sided binding from long-edge to short-edge binding
- When the book prints, fold in half, and enjoy!



My Halloween Social Story



My name:

To find other resources and information visit us at:

- Website: www.youngmindcommunity.org
- Facebook: Young Mind Center
- Instagram: youngmindcenter

On Wednesday, October 31st, it
will be Halloween!



I will have so much fun on
Halloween!



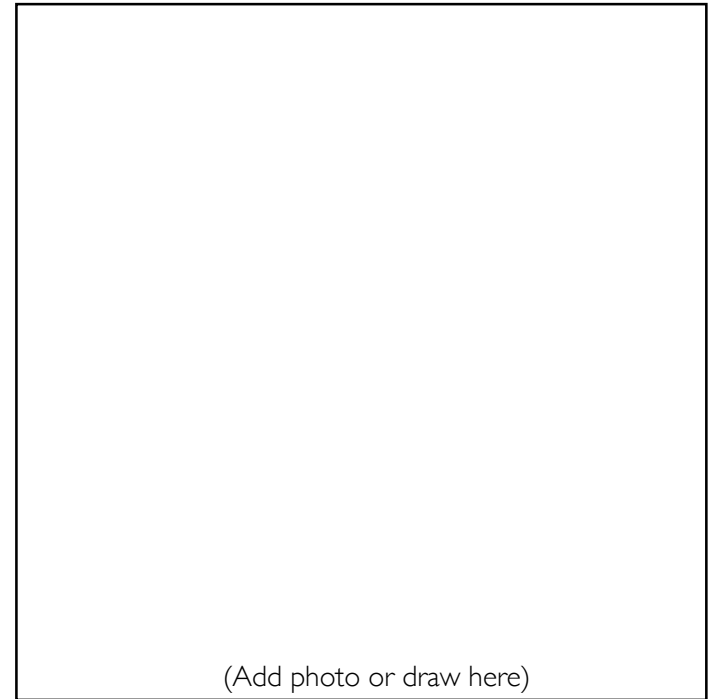
Halloween is a fun time when we
get to dress up and go
trick-or-treating!

When it's time to go home, I can
count my candy.



I can eat _____ pieces of candy.

I'm dressing up as _____.



(Add photo or draw here)

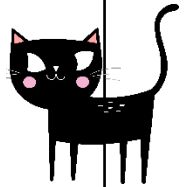
I'm going trick-or-treating with

_____.



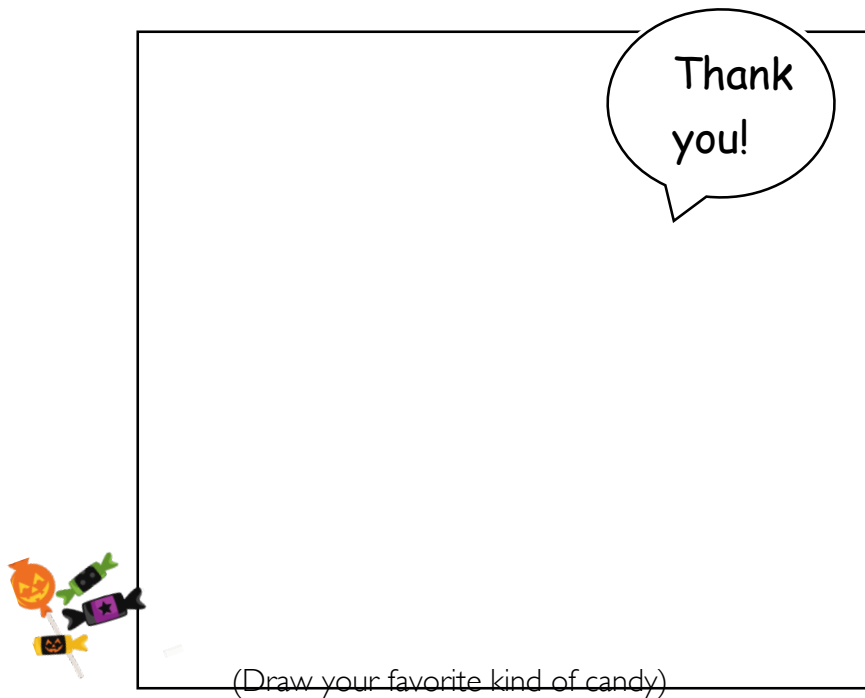
(Add photo or draw picture here.)

I will eat the candy later. I will check
in with _____, and we will
walk to the next house together.

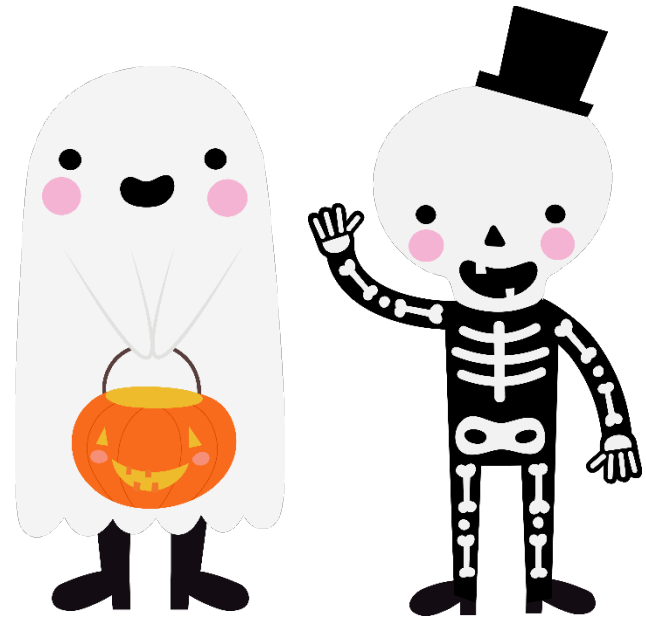


(Draw a picture of you trick-or-treating)

They may hand me a piece of candy or tell me to pick a piece. No matter what kind of candy I get, I will say, "Thank you," and I will put the candy in my bag.

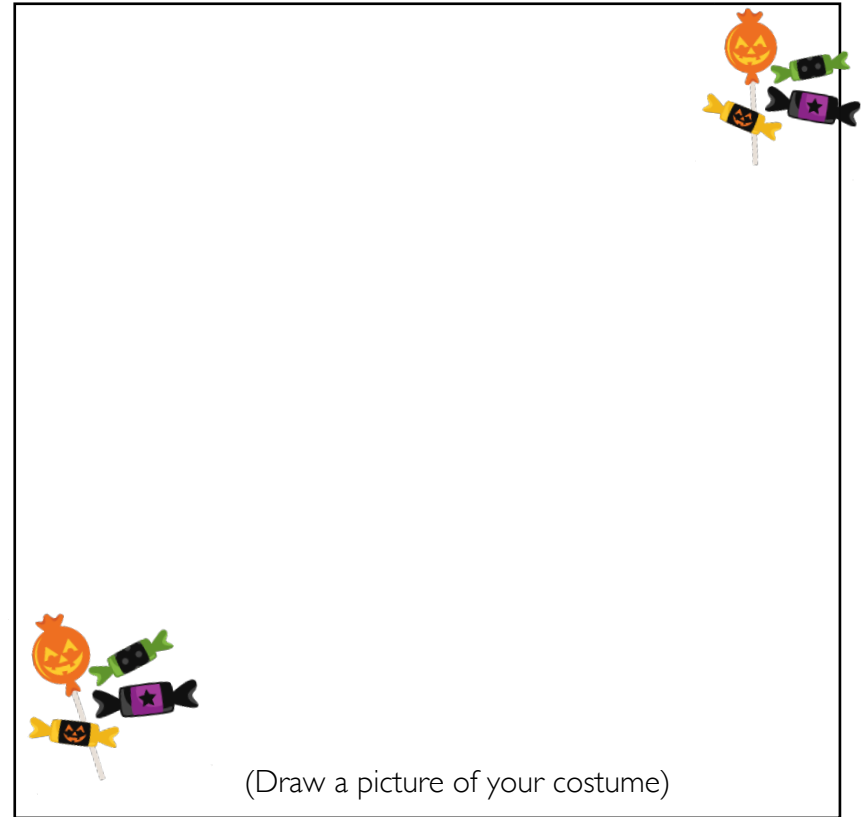


When I have my costume on, I will grab my trick-or-treat bag.



Some costumes will be funny and some costumes will be spooky.

They may ask me, "What are you dressed as?" I will say



When they open the door, I will
wait my turn to say...

On Halloween, I might get scared
of...



(Costumes)



(Dogs)



(Loud Noises)



(Decorations)



(Lots of People)

If I feel scared, I can

We will walk to the neighbor's house together.

We will walk only to houses that have the lights on.



We will watch out for cars and walk on the sidewalk.

When we get to the neighbor's door, I will ring the doorbell or knock on the door.