



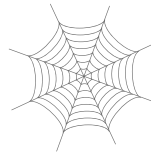
kids therapy made simple

Halloween



4 Tips for Enjoying Halloween with your Children

Halloween can be fun, exciting, scary,
exhilarating, exhausting...
But Halloween can be and is more
than just dressing up and
trick-or-treating.



1. Talk about what happens on Halloween

- read stories about Halloween to help your children understand what typically occurs on this day
- explain what your child may see: costumes, scary decorations, etc. and remind them it is all pretend
- practice trick-or-treating: knocking on the front door, saying trick-or-treat, holding out a bag, taking a piece of candy, saying 'Thank You!'

2. Wear a Costume



- make sure costumes are safe, comfortable and imaginative - sometimes a simple colored shirt (like red) with an innovative headband (think antennae) can transform into a great costume! (like a ladybug)
- try the costume on in advance - allow your child to get a feel for the costume and to determine if it is comfortable enough to wear for an extended period of time



3. Plan your afternoon/evening

- if you have young kids, start on the early side - an early start means more daylight and less people
- skip homes with flashing lights, loud noises and scary decorations...they can be overwhelming for some and turn a positive experience into a negative one
- make it fun for everyone - you don't have to trick-or-treat for hours...sometimes 1 or 2 houses or 10 minutes is long enough

4. Don't worry about doing it 'right'

- if you go trick-or-treating and your child is done after 1 house...that's OK
- if your child wants to trick-or-treat but not wear a costume...that's OK
- if your child doesn't want to trick-or-treat at all...that's OK
- there's no need to force participation - it will only make everyone miserable. Sometimes staying home and handing out candy can be just as fun



and don't forget...there's always next year