

Tips for Having a Happy Halloween this year!



Pick out the costume together! Take into account your child's preferences and also sensory concerns. For example: some costumes with full masks, may not work for your child. Some children might like face paint, but others won't be able to tolerate it.

Make your plan for Halloween night. Set a specific time to leave the house, plan a path you will take for trick or treating, and plan for what to do when you get home. Stick to this plan! (Can they eat candy when you get home? Can they dump candy out? If the candy is not a good choice, what substitute treat can they have?)

Keep it simple. You know your child, what is reasonable to expect? Can they only handle trick or treating to 1 or 2 houses? That's ok, make those a success!

Create a social story for your child. Use pictures to show your child exactly what they will do. You might include steps, for example: Knocking on the door, then saying "trick or treat" and "thank you". Practice these things with your child and read over social story. Also, throw in what to do if no one is home, letting them know it is ok to skip a house.

Have your child put on the costume several times before Halloween night, role play with your child.

It is a good idea to check out the neighborhood before trick or treating. Do you see any decorations that might upset your child? (flashing lights, scary Halloween decorations) You might want to skip that house, or plan your route around it to avoid a melt-down.

Consider recruiting peer support. If your child with autism has no siblings (or his siblings have other plans), consider recruiting another typical peers to go house-to-house with you.

Remember to be flexible. If your child rebels against the costume, it's ok, don't push it! It really doesn't matter what they wear or how many houses they visit, Halloween is for fun!



Take pictures, get excited, and have fun!!

