Your Employee and Family Assistance Program is a support service that can help you take the first step toward change.

Halloween safety tips for parents and children

Halloween is a spooky, yet fun holiday for children. However, the holiday can also be a scary time for parents if safety precautions are not considered. While you want your children to enjoy the day and have



wing Halloween safety tips for trick-or-treat time:

Travel safe. Have a group with you at all times. Do not trick-or-treat alone. Avoid those houses that don't have their lights on or are not well lit. Look both ways before crossing the street and driveways. Explain the Halloween route so that there is a mutual understanding about the plans for the evening.

Dress well. Limit the risk of costume dangers by choosing flame-retardant apparel. Weather should be a factor in preparing for going out. A cold night out means extra padding such as a jacket being worn underneath the costume and/or long underwear.

Plan ahead. Expect certain scenarios so that your child can be prepared. What if someone invites him or her inside, what will they say? What if someone has pets that they are not familiar with? Help your child plan what they would do in such instances.

Set a curfew. Narrow down a time for expected arrival home. This will certainly alleviate unnecessary anticipation as a parent and will place appropriate responsibility on your child. Supply your children with quarters for phone calls (or a cell phone) just in case.

Eat beforehand. Be sure to have your child eat a good dinner before going out so that they're not tempted to eat candies as they receive them. Also, opened or unwrapped candies should always be discarded.

Be visible. Your kids may be prepared with their costume and their bag, but how about a flashlight or reflective tape on the costume so that they're visible outdoors and in the dark.

Think healthy. As a parent, think nutritionally when preparing to give out treats, too. Consider alternatives to candy, such as single-serving packages of crackers and cheese, packaged fruit rolls, mini boxes of raisins or non-food items such as pencils, dollar-store toys or stickers.

Halloween is a holiday that should be filled with fun and enjoyment—for both children and parents. Before your children head out for trick-or-treating, be sure to keep safety precautions in mind; this will help to ensure a safe, yet fulfilled event for all.

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