



## *Tips for a Healthy Family*

### Halloween for Children with Autism

October 15, 2017



**With Halloween right around the corner, how do you prepare your child with Autism to make sure this Halloween is a safe and enjoyable one?**

**First, start with the costume. Don't push an uncomfortable costume for your child if they don't like it. A character t-shirt, wings or capes might be enough for them at first. If your child is okay with a costume, use comfortable clothes as the base. Once you have the costume down, let them wear it for short periods of time, so they can get accustomed to it.**

**Before the night of Halloween, prepare your child with information about how the night will go. Create a visual of what the evening will look like and replay it several times. [Social stories](#) can be downloaded to help reduce anxiety. You can pretend to have them knock on your bedroom door and answer it. Or maybe a neighbor can help, and your child can practice knocking on the neighbor's door. [Trick or treat cards](#) could also be handed out to the neighbors the night of Halloween**

**Work with your child to let him or her know and understand who safe strangers are. We teach our children not talk to strangers, so it may be hard for them to understand why we tell them to accept candy**

**from a stranger. When you go out on Halloween night, stay in your neighborhood so your child is familiar with the area and can recognize the houses.**

**Halloween is meant to be fun. Know your child's limits and don't do more than he or she can handle, and don't be hard on yourself if a meltdown happens. Start small and work up every year to help make your child's Halloween a successful night.**

**For more information, check out our website at <http://www.uwyo.edu/wind/f2f> or follow us on Twitter [@WYF2F](https://twitter.com/WYF2F).**

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