

HALLOWEEN CHECKLIST

Review this list as the sun rises on Halloween and make sure all are checked before dusk.

■ Home

- Remove hazards from front porch and yard, such as pots, branches, candles and hoses.
- Confine household pets, and make sure they are wearing collars.
- Leave jack-o-lantern carving to adults and use battery-powered lights.

■ Food

- Talk to children in advance about boundaries for how many pieces of candy will be eaten Halloween night (three to five recommended).
- When choosing candies to give on Halloween, select ones with nutritional value like chocolates (the darker the better) or candies with nuts.
- Send kids trick-or-treating on a full stomach by planning an easy meal, like a bowl of whole-wheat pasta or a quick peanut butter and banana sandwich.

■ Costumes

- Make sure masks have eyeholes large enough for full vision.
- Check for loose clothing that could easily brush up against jack-o-lanterns.
- Read labels to make sure fabrics are flame resistant—remind to stop, drop and roll.

■ Accessories

- Test props to make sure they are flexible and confirm face paint is non-toxic.
- Add reflective tape and stickers if costumes are not bright.
- Ensure kids carry a flashlight and cell phone.

■ Route

- Chaperone children age 13 and younger.
- Remind kids to stay on sidewalk; walk facing traffic and avoid shortcuts.
- Set a rule to visit only well-lit houses and remain on porch.

