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.

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