

Halloween can be fun for EVERYONE



Halloween is a fun holiday, but for parents of children with conditions like asthma, food allergies, diabetes or autism spectrum disorder (ASD), it can feel like more of a trick than a treat. We'd like to share a few tips to help you and your child enjoy a happy and safe Halloween. Visit choa.org/halloween for even more ways to make Halloween fun and safe for everyone.

Asthma

Manage triggers

Cold air, activity and mold from damp leaves on the ground can all trigger asthma.

Warm up

Consider a scarf or covering over your child's mouth to warm the air before it's inhaled.

Plan indoor fun

Explore options for indoor trick-or-treating or host a party.



Food allergies

Check first

Read labels before your child eats any candy.

Switch it out

Go with your kids and carry safe food or non-food treats to exchange for the candy they receive.

Alert others

Let party hosts know about your child's allergy and help them provide safe treats for your child to enjoy.



Diabetes

Plan ahead

Figure out how much candy your child can eat, so you can account for the carbs.

Make a trade

Have alternative treats such as toys, stickers, games or books to trade for candy.

Shift the focus

Instead of trick-or-treating, try movie night, pumpkin decorating or crafts, or go to a fall festival or haunted house.



Autism spectrum disorder

Swap the treats

If your child has dietary restrictions or allergies, take healthy snacks or treats as an alternative for friends and neighbors to hand out.

Practice at home

If your child plans to go trick-or-treating, try on the costume in advance and practice the steps of knocking and saying "trick or treat."

Be prepared

Bring headsets to block out noise or a special toy for comfort. If your child has trouble communicating, make cards to hand out, or just one that says "trick or treat."

